







THE PRINCIPLES AND PRACTICE  
OF  
**HYDROTHERAPY**

A GUIDE TO  
THE APPLICATION OF WATER IN DISEASE  
FOR STUDENTS AND PRACTITIONERS OF MEDICINE

BY  
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*THIRD EDITION, REVISED AND ENLARGED*

WITH NUMEROUS ILLUSTRATIONS

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NEW YORK  
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## PREFACE TO THE THIRD EDITION.

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THE necessity for a special work on hydrotherapy still appears to be urgent, if the attention this subject receives in the average text-book be accepted as a criterion. One of the latest of these works on therapeutics says in its thirteenth edition: "The object of the bath is the reduction of the temperature, and unless this is effected no good results." And this false teaching emanates from a work which the majority of students use as a text-book and whose value in other respects is attested by its popularity.

The author will complete in eighteen months a half-century spent in the study and practice of medicine. During the first half of this period he was uninformed on hydrotherapy; during the latter half he has endeavored to study and utilize water as a remedial agent. He has therefore subjected water to the crucial test of a control experiment. And he may conscientiously say that the comfort and satisfaction which the addition of this agent to his therapeutic resources has afforded him in the amelioration of suffering and saving of lives warrant him to devote the remaining years of his life to the effort of diffusing a better acquaintance with this neglected therapeutic weapon among his colleagues.

When an eminent clinical teacher like Semmola, whose lectures on therapeutics were translated into German under the supervision of and with a preface by Nothnagel, writes of hydrotherapy "frequently real marvels of restoration in severe and desperate cases have been obtained by it," and this opinion has been echoed by Kussmaul in Germany, Charcot in France, and our own Draper and others of equal credibility in their respective countries, who were not specialists in this branch, it becomes the duty of every conscientious physician to investigate and utilize it. To facilitate the latter this work has been written from the standpoint of the family and hospital physician. Each edition has been carefully revised, that which has been disproved has been eliminated, and all modern ideas have been incorporated.

It has been the aim of the author to continue in the third edition the attitude ascribed to him by a reviewer of the German translation in the *Berliner klinische Wochenschrift*, viz., as "the true friend at the bedside of the sick and suffering—a friend from whom one may draw counsel on all difficult questions of practice, with the assurance that only that which has been proven, sedulously examined, and critically sifted will be received for the benefit of the sick."

Since the last edition was issued an era in hydrotherapy has been inaugurated by the establishment of a special chair on this usually neglected subject in one of our prominent universities, with a clinic for individual instruction of the senior students and other conditions placing hydrotherapy on an equal footing with other important branches of instruction. In view of the fact that the excellent example of this great school will doubtless be emulated by many other schools, text-books have become a more imperative necessity.

Recent developments in our magazine literature are regarded by the author as the mutterings of a storm that may sweep over the medical profession ere long, and repeat the disturbance of the faith in the doctor which the advent of that class of empirics who call themselves "Naturärzte" stirred up in Germany in the latter third of the last century. This event is referred to at length in the history of hydrotherapy in Germany. The author has given frequent warnings to his colleagues to study and utilize hydrotherapy and other physical methods, in order to meet the encroachment of these empirics.

In some of the German reviews of this work surprise was expressed that the author continues to advocate the Brand bath in typhoid fever, although it had fallen into "innocuous desuetude" in the country of its birth. In this edition the author has endeavored to show why American physicians have adopted this method with zeal, and that the most eminent teachers still utilize it because it saves many lives. The author feels pride in this achievement of American medicine, and has continued to devote large space to the elucidation of a method which illustrates the value of strict compliance with technique.

The chapters on Phthisis and Insanity have been enlarged by the addition of clinical and other material. In these diseases hydrotherapy has won its greatest triumphs in institution practice, because it has been systematically applied.

The author would reiterate the importance of studying the clinical histories which he has introduced with careful exclusion of needless detail. These histories are not mere statements of the patient's condition and progress; their chief value consists in suggestions of changes in procedures as they are indicated by changing conditions. The latter are often as imperative as are changes in drugs; this is illustrated by the hospital records of Case V on page 331 and Case II on page 329. See also page 416. Case of Chlorosis, page 407.

In the theoretical portion of the book the author has endeavored to construct a theory of reaction which may conciliate the contradictory views of hydrotherapeutists and present a clear *rationale* of the action of water in health and disease.



## PREFACE TO THE SECOND EDITION.

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THE author views with satisfaction the rapid rise of hydrotherapy since the publication of the first edition. He has endeavored in the present volume to eliminate matter which was required in the first to fortify his plea for the more universal utilization of water in disease. The entire work has been revised and much new matter has been added. A chapter on reaction is devoted to the elucidation of the basic principles of hydrotherapy in consonance with advanced physiology and the most recent experimental findings.

A chapter on insanity has been added, based upon the recorded observations of practical alienists in charge of large asylums. This chapter not only illustrates the value of this agent in these ordinarily unsatisfactory cases, but emphasizes the importance of trained attendants and exact technique.

The author has long urged the need of the same precision in the application of water in therapeutics as that which is justly regarded as paramount in the prescription of diet, exercise, rest, and medicinal agents. The present volume bears ample testimony to the superiority of methodical hydrotherapy over the slipshod and inexact mode of its application, long in vogue.

As stated in the first edition, this work is based upon observations of a general practitioner in hospital and private practice, and is intended as a guide to that numerous class of his colleagues who battle with disease and death in the patient's home or in general hospitals. For this reason he would urge special attention to the brief clinical histories which are furnished to illustrate the need of individualization and to point out clearly the changes demanded by fluctuations in the type or progress of each case. Since therapeutic effects are modified more positively by modifications in the technique of hydrotherapy than are the effects of medicinal agents by changing the dose, it becomes imperative to study the technique of every procedure as modified by existing conditions. The clinical histories are intended to familiarize the practitioner with these modifications.

So flexible is this therapeutic agent that, unlike medicinal remedies, it may be utilized to meet indications which seem contradictory to the uninitiated. The histories are offered as guides to the technique

in varying phases of disease. Why opposite results have been reached by apparently similar uses of water is clearly set forth in the chapter on the Hydriatric Prescription, which is intended to show that water is as capable of exact dosage as any other remedial agent, and that the physician may readily familiarize himself with the methods for attaining this necessary precision.

Certain long-established errors on the antithermic uses of cold water have been referred to in the chapter on Insolation, and the clinical records of several large hospitals have been cited to fortify the author's position and to further a less antithermic and more successful therapy.

Typhoid fever has received the lion's share of the clinical chapters, not alone because of its frequency, but chiefly because the hydriatric management of this disease serves to illustrate the rationale and technique of cold applications in the most convincing manner by observations of practical clinicians whose acumen and skill cannot be doubted.

While the author should have preferred to use the Celsius scale in these pages, he felt constrained to adhere to the Fahrenheit scale, which is still popular in this country, in order to avoid confusion. The fallacy of axillary and mouth thermometry as temperature guides is illustrated by striking examples obtained from otherwise scientific institutions.

In every part of the work the author has endeavored to inculcate the rationale of each procedure, and detailed the methods in such manner that the family physician may utilize the latter at the patient's home in the chronic as well as in the acute cases, and thus spare his patients the discomfort and expense of removing to hydrotherapeutic institutions.

The historical epitome purposes to awaken his colleagues to a realization of the danger which by reason of the indifference of the majority, as Kussmaul has pointed out, threatens them and their clientèle. Earnest and conscientious investigation of the claims of hydrotherapy, and better instruction in its principles and technique are urgently demanded.

The author feels warranted in claiming a perfectly judicial attitude on hydrotherapy, because he did not begin its study and practice until he had been a practitioner fifteen years, and because he has subjected its claims to the crucial test of observation during the past quarter of a century, in private, hospital, and dispensary practice.

NEW YORK, *Hotel Majestic*.

SIMON BARUCH.



## PREFACE TO THE FIRST EDITION.

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DIFFERING from all other works on hydrotherapy, this book is written by a general practitioner for the guidance of his colleagues.

The following pages represent the observations of the author, who has labored in every branch of medicine, and who has gathered these data from a private and hospital practice extending over a third of a century, and more recently from special institution practice. The latter, extending over a period of seven years and furnishing the recorded details of over one hundred thousand hydiatic treatments, may be confidently offered as a trustworthy guide in the hydrotherapy of chronic diseases, while the former is regarded by the author as equally trustworthy as a guide in the management of acute diseases.

It is not the purpose of the author to write a panegyric upon Hydrotherapy, but to discuss water as a remedial agent precisely as medicinal remedies are discussed in the text-books on therapeutics.

The first part of the book deals with the physical properties of water and its mode of action in health; the laboratory experiments upon which the latter is based being freely discussed. The second part is devoted to the practice of hydrotherapy. The various methods of applying water in disease are minutely described and illustrated, the *rationale* of each procedure is discussed, and its special therapeutic indications are outlined.

Having mastered the technical details, the reader is introduced to the practical application of hydrotherapy in acute and chronic diseases, in order to familiarize him with the flexibility of this potent remedial agent. The clinical histories which are added to this part of the book are specially commended to the attention of the reader, inasmuch as they illustrate practically how different hydiatric procedures may be adapted to varying conditions of the patient and his malady. That hydrotherapy differs materially in this respect from medicinal therapy will be made evident by a careful reading of these histories. Every statement of the author will be found supported not only by his personal observations, but also by the published testimony of acknowledged authorities in clinical medicine. The opinions of specialists in hydrotherapy have been avoided as far as possible, because these are often charged with unwarranted enthusiasm for their favorite remedy.

The author has adopted this judicial and dispassionate course, be-

cause he desires to disarm prejudice and to disseminate a more exact knowledge of the application of water in disease among medical men, many of whom appear to entertain vague ideas on the subject.

That hydrotherapy is an effective agent in acute diseases is beginning to be recognized by reason of the success attending it in typhoid fever. But the fallacious idea still prevails that chronic diseases must be sent away from home in order to obtain good results from hydrotherapy. While it is true that the treatment in institutions offers the best prospect in chronic cases, the reason lies not so much in the facilities offered by them as in the experience and consequent skill acquired by physicians from the large *clientèle* of such institutions. A considerable proportion of the most prevalent chronic diseases does not require institution treatment; nevertheless, they demand a careful adjustment of temperature, duration, and technique to each individual case. Such knowledge may be as readily acquired by the practitioner as is that of any other department of therapeutics.

Having mastered the technique and mode of action of hydropathic procedures, the educated physician will discover that he may often obtain as good results from the simplest methods as from those requiring more technical skill.

To afford this information in a concise and practical form is the object of this work; the author, himself a general practitioner, believes that he appreciates the needs of his colleagues.

The chapter on the hydropathic prescription is devoted to an exposition of the prevalent fallacy that water is so simple and innocuous a remedy that it may be applied with less regard for precision than the physician is wont to exercise in prescribing medicinal remedies. The author has endeavored to inculcate by striking examples the importance of exactness in prescribing and executing hydropathic procedures.

The concluding chapter points out the lessons derived from the history of hydrotherapy. It aims to show the need of instruction in hydrotherapy in our medical schools, in order that this valuable remedy may be wrested from the laymen and empirics, who have stolen it from medical men, and who alienate the latter by perverting it for their mercenary ends.

The addition of hydrotherapy to the curriculum of our medical schools, as is done in the universities of Vienna and Heidelberg, would arm the young practitioner with a much-neglected weapon, whose power is amply demonstrated in these pages.

The author would ask the earnest attention of teachers of clinical medicine to the concluding chapter of the book.



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# THE PRINCIPLES AND PRACTICE OF HYDROTHERAPY.

## INTRODUCTION.

### HYDROTHERAPY.

*Definition.*—Hydrotherapy, as its derivation from *hydro*, water, and *therapeia*, to heal, indicates, may be defined as the method of applying water in disease. Some physicians have endeavored to restrict the term to the remedial use of cold water alone, and this is not an uncommon error. An excellent medical dictionary, now in considerable use, defines hydrotherapeutics to be the application of cold water to disease. If those who are familiar with the derivation of the term commit so serious an error, it is not surprising that erroneous views of the application of water in disease are general among the profession and lay people. The idea probably originated with the hydropaths, who claim Pricestütz, the apostle of cold water, as their leader. This empiric has doubtless given a strong impetus to the popularization of cold water in disease. Indeed, his life and labors form a remarkable chapter in the history of this subject, and will be referred to more fully in another part of this work.

It will surely inure to the progress and development of hydrotherapy, *i.e.*, the scientific application of water in disease, if this false conception of its being a cold-water treatment be removed from the minds of the profession and the people. There seems to exist in the human mind a strong feeling of repulsion against cold baths, wet packs, and other hydropathic procedures. The former conjure up in the mind of the timid practitioner vague apprehensions of shock and heart failure; the latter remind him of damp sheets bearing rheumatism and colds in their train. The reader who shall follow these pages will find in them ample illustrations of the untenability and the absurdity of such views.

*Hydrotherapy includes the application of water in any form from the solid and fluid to vapor; from ice to steam, internally and externally.* The recently discovered styptic action of steam, the well-known

aseptic effects of hot water in surgery; its resorbent use in gynecology and surgery; its application in gastric, rheumatic, and intestinal troubles and in meningitis; its value in gastric catarrh, render hot water as important a hydiatric agent as is cold water.

Hydrotherapy does not, however, include the use of mineral waters when these depend upon their mineral constituents for therapeutic efficacy (which, by the way, is rarely the case). While these mineral waters are quite as valuable as is plain water in all the procedures of hydrotherapy, if they possess the proper temperature, etc., the mineral constituents do not often add to the effects produced, inasmuch as the latter are the result of the judicious adaptation of the mechanical and thermic influence of water alone.

A clear conception of this subject is important at the outset. It may, therefore, be stated that *hydrotherapy* depends upon the mechanical and thermic action of water in disease, irrespective of the source from which it may be obtained. *Toxicology* depends upon the chemical and diluent action of mineral waters, the effects of which are greatly modified by and depend almost entirely upon the source from which they are derived.

Hydrotherapy is a method of practice adopted by certain empirics who base their results chiefly upon the effect of cold water. Other terms, referring to the subject in general, are the adjectives *hydiatric* and *hydratic*. *Hydiatric* is derived from *hyps*, water, and *iatris*, medical treatment; it is a short and equally expressive substitute for the adjective *hydrotherapeutic*. We may correctly speak of *hydiatric* procedures or *hydiatric* institutions, but the term cannot be applied to water applications made in physiological experiments.

*Hydratic* is an adjective in common use, qualifying nouns connected with the use of water in medicine or for other purposes. Its correct derivation I have been unable to obtain. It is the close equivalent of *aquatic*. It may obviously be applied to procedures as *hydratic* measures, or water applications in health, but its use is incorrect when applied to institutions, etc. This word should be banished altogether when referring to the remedial application of water. The word *hydiatric* is more expressive and clearly indicates that water is used for remedial purposes. It is proper to use it in connection with measures, procedures, or prescriptions, but it would obviously be tautology to use it in connection with treatment.



## CHAPTER I.

### THE PHYSIOLOGICAL EFFECTS OF WATER.

As a basis for the proper understanding of the uses and effects of water in diseased conditions, it is important to study and thoroughly master its action in health. Wilhelm Winternitz, of Vienna, has made the expansion of hydrotherapy into a branch of scientific therapeutics the mission of his life. To his initiative may be traced almost all the advances that have been made in this important subject. He endeavored to impress upon the medical profession the idea that methodical and physiological observation must be utilized as the basis of hydrotherapy. Deviating from the prevalent comments resorted to in balneological writings, he banished such expressions as "enhancement of activity of functions," "favorable changes in the gastric and pulmonary nerves," "agreeable stimulation of the circulation," "improvement of the blood." For these he proposed to substitute actual demonstrations by experimental processes of the effect of water in health and disease. Thus a grand impetus was given to the subject, an impetus whose influence will be long discernible. Indeed, no writer in this field of therapeutics can add much to the thorough and masterly presentation of the scientific side of this subject. We may, however, amplify the observations of Winternitz, and add confirmation by experiments and clinical results of the claims he has set forth for the remedial value of water, by applying the findings of recent laboratory experiments to the rational explanation of its action in health and disease. Differing from all writers who have preceded him, and from many who have followed him, the writings of Winternitz are not panegyrics upon the unfailing virtues of this remedial agent, but rather ingenious, at times classical, demonstrations, often mingled with confessions of defects in our knowledge, and strivings to amplify the latter by pointing them out in the clearest manner.

Since the chief, though not by any means all, effects of hydrotherapy concern the thermal and mechanical action of water upon the cutaneous surfaces of the body, it becomes necessary to study, 1, the anatomical construction and physiology of the skin, from a hygienic standpoint; and, 2, the physical properties of water which render it capable of producing these effects.

## ANATOMY AND PHYSIOLOGY OF THE SKIN.

Although an intimate knowledge of this subject is important to the hydrotherapist, it is not my purpose to enter into so minute and detailed an account of the anatomy of the skin as would be required for the purposes of dermatology. In connection with hydrotherapy it is only necessary to study briefly the anatomical structure of the skin for purposes of furthering a correct understanding of its functions. Those portions of the skin which contain the blood and nerve supplies will, therefore, interest us most. Their distribution over enormous areas and their interdependencies, direct and indirect, with almost every organ in the human body, lead to the subject of the nerves and blood-vessels of the skin paramount import to the student of hydrotherapy.

It appears to the author that a more careful and elaborate discussion of these structures than is usually accorded to them in the works on hydrotherapy would be of practical value.

The *epidermis* is so constructed anatomically that it serves as a protecting layer to the more delicate and sensitive structures lying immediately beneath it.

The *cutis vera* consists of the white fibrous and yellow elastic connecting tissue, forming bundles which, in the upper layers, are so thickly and closely aggregated that they appear like felt. This contains the papillae, whose number is enormous. In the deeper layer, the stratum reticularis, the elastic fibres form a network which, by its disposition, lends itself to the special functions of the skin in the various parts of the body, and by its structure admits the blood vessels and nerves, which lend to the skin the most important functions connected with hydrotherapy. The muscular fibres of the skin are of the involuntary variety. They form a network in almost all parts of the skin except the palm of the hand and sole of the foot; they are found in great abundance in the scrotum, penis, and nipple. Besides these muscular fibres, the *arrectores pili* form a tense structural union with the parts of the cutis vera which lie between the papillary tissue and portions of the hair follicles. Sappey says that this type of erector muscle is developed in the pars papillaris from several tuft-like muscle bundles, which in their passage through the pars reticularis unite into one or more larger flat bundles. Very often the *arrectores pili* are found to be arranged in such manner that the hair follicle appears to be inserted in the angle between the hair and the muscle cord. In many parts of the skin, as on the back, cheeks, and forehead, smooth muscular fibres are present in the form of a network which, arising from the pars papillaris, terminates in the upper two-thirds of the



pars reticularis. The direction in which these muscular fibres contract, like that of the *arrectores pili*, is diagonal through the thickness of the skin. They are really diagonal skin muscles. The function of the muscular fibres which are found in the largest part of the cutaneous area is to render the skin tense in horizontal or diagonal directions. They are regarded as a whole by Uona, who gives them the appellation of oblique tensors of the cutis, the real origin and ending of which are in the elastic tissue (which Tomma compares to the tendons in other parts), and through the latter in the entire skin. *That the tension of the skin produced by its muscular structure and elastic network is really subject to temperature changes* may be observed very readily in the clausus of the wrist. In the latter, medium tension is produced by a medium temperature, relaxation by a higher temperature, while a lower temperature produces contraction, which is evidenced by its being drawn up. In hairy parts this contraction produces the well-known cutis anserina. Tomma has clearly shown that when the *arrectores pili* contract they draw the skin from without inward, *entering in their action the terminal portion of the blood supply of the papillary body*, and thus they empty the smallest blood-vessels in such manner as may best conduce to normal circulation. There are many proofs, according to Uona, that the action of the *arrectores* muscles is not confined to the hair follicles, but that *they are intimately involved in the movement of the blood and lymph*.

This anatomical construction, by which the cutaneous muscles are surrounded in their entire extent by a *web* of elastic fibres which are connected with each other and with the tendinous formations existing in the skin, renders it plain that a shortening or tension of the muscular fibres always simultaneously contracts the elastic apparatus which is woven around their entire extent. *This explains the vital import of the contractility of the skin when exerted upon the small blood-vessels contained in it*. Inasmuch as the condition of tension of the skin may thus be readily varied in the most direct manner by reason of the universal presence of the elastic fibres, and inasmuch as muscular coats are either absent in the vessels of the skin or are feebly developed, these structures really perform the function of an inhibitory apparatus which distributes uniformly pressure and motion, and enables the oblique muscular fibres which are embedded in the skin to regulate to a certain extent secretion and circulation, the movement of lymph, and consequently the nutrition. The functional interdependence of the muscular and elastic fibres in the skin, which has long been recognised, is evidenced here by the fact that those parts which, like the palms of the hands, the soles of the feet, the nose, show the smallest quantity of muscular fibres also possess the smallest elastic

fibres. Both of these parts appear simultaneously in the first six or seven months of fetal life (Unna).

It is evident that a recognition of the contractility with which the elastic and muscular apparatus of the skin is endowed furnishes the hydrotherapist a clue to most of the functions of the skin.

*Blood-Vessels.*—The papillæ contained in the upper layer of the cutis show fine capillary loops, or blood-vessels, which rise perpendicularly to the near vicinity of the epidermis, nourishing it and furthering exchange of gases and secretion of the aqueous portions of the perspiration. These capillary loops consist of an arterial and a venous portion, which combine a short distance below the point of the papillæ, and which run either straight or form loops, so they may be filled with blood or compressed by the papillæ. The loop may be so filled with blood that it may double and fold over in spiral windings until it occupies almost the entire space of the papillæ. *This capacity for increasing or diminishing the size of the capillary loops furnishes an important agency by which hydrotherapy may affect the circulation.* The blood-vessels of the skin differ greatly with the locality and functions of the part. They run either in perpendicular or in radiating loops to the surface, as in the palms of the hands, ending in a circular arrangement of the numerous branches, or they are drawn into a flat arrangement by the densely contracted bundles of elastic fibres. The horizontal branching of these partly oblique and partly perpendicular vessel loops is found chiefly in two regions: at the border and between the true cutis and the subcutaneous tissue, or between the border of the former and the papillary body. The terminal branches of the capillaries which lie beneath the capillary body consist of numerous tubules, forming a wide-meshed arterial network, whose long axis adapts itself to the direction of the folds of the epidermis. From this arises for each vessel papillæ a rolled-up arterial capillary which is looped in order to form the more winding venous capillary. All the venous capillaries of the papillary body unite in a dense, narrow-meshed capillary network on a line with the arterial capillaries; from these the larger veins issue which pass through the cutis in the same direction as the arteries. All the vessels of the papillary tract, as also the larger branches which pass through the skin, consist of only an endothelial tube, to which are added a very insignificant media and adventitia in the vicinity of the subcutaneous tissue. Hence their character is chiefly capillary. The arteries are narrow, the veins relatively very wide, a difference which increases with the thickness of the epidermis (Unna).

The papillary blood tract enters the deeper layer of the cutis vera at several points, and supplies the follicles, glands, and oblique mus-



cular fibres. Beneath the papillary layer is found an area the extent of which corresponds with the thickness of the cutis, and which is not well supplied with blood-vessels.

The fibrous layers of the corium have no capillaries, but at the border lines between the corium and the subcutaneous tissue the most abundant supply of blood-vessels is met. From the minute arterial trunks separate branches are seen to arise and pass to the whole papilla, surrounding the latter with a capillary loop. Every sebaceous gland, also, has a delicate capillary network, which forms a complete plexus where these canals are in close proximity. Branches from this plexus, forming delicate though dense capillary networks, also are seen within the small fat flaps. In the capillaries permeating the skin the elastic coat is absent, being supplied by the elastic fibres of the skin itself. Meissner\* says that "these elastic fibres form a firm meshwork around the vessels; they oppose the activity of the vasoconstrictors and support the vasodilators, whose power is much less. They also surround the bundles of striated muscle fibres. When the latter contract the former are stretched and thus support the muscular fibres, which when stretched receive no antagonistic pull because of their being suspended (i.e., not attached to firm structures). They also protect the vessels against pressure from the surrounding structures." This intimate association of the elastic fibres with the blood-vessels of the skin would indicate that they are intended to substitute partially at least the action of muscular fibres, which are absent in these fine vessels. This is corroborated by the fact that when, in senile degeneration and alcoholism, the microscope detects atheromatous degeneration in the vessels, the elastic fibres of the skin are absent. In fact, according to Meissner, these elastic fibres begin to disappear when the vessels are becoming rigid, i.e., before atheromatous changes have taken place.

With the exception of the isolated branches supplying the whole papillae, the horizontal distribution of the vascular branches may be said to keep chiefly within the two border lines of the cutis vera. The form of distribution of vessels in the adult depends upon the development of the thickness of the corium. As the subcutaneous fat increases, the upper portion of the fat cushion is supplied by the cutaneous layer of the muscular fascial vessels. The papillae containing tactile corpuscles have no blood-vessels.

*The Physiology of the cutaneous circulation is a subject which has not received sufficient attention either from physiologists or from hydrotherapists. The author has long held that it would be impossible for the heart to propel a rigid fluid like the blood through the fine peri-*

pheral vessels, unless the latter were endowed with propulsive power which aids in furthering the flow of the blood onward. In explaining the *ectosis* of the Brand bath in typhoid fever,\* of the cold elect compresses in pneumonia,† and of the Nauheim baths,‡ the author has emphasized this view, which was derived from clinical observation entirely. The anatomical structure of the skin, consisting mostly of a mesh of blood-vessels interwoven with and held by contractile tissue, would indicate that the circulation in the former depends upon the functional capacity of the latter. It is of great moment to ascertain how smooth-muscular fibres are affected by thermal influences and other irritants. Colin Stewart§ offers some valuable observations on the mammalian smooth muscles. He experimented on the muscles of the cat's bladder. He concludes: "Considering the whole process from the standpoint of the condition of the muscle at the body temperature, it may be said that cold produces an increase of tone, while heat gives first a slight relaxation, then a marked increase in tone, when the temperature is above 40° (104° F.). Then shortening once more appears, until the temperature is raised to 53° (127.4° F.), at which temperature the muscle dies."

Stewart therefore confirms what Sartieli,§ Schultz,\* and Woodward\*\* have observed on the action of temperature on the smooth muscles of cold- and warm-blooded animals. Schultz has demonstrated that the temperature effect is exerted upon the ganglia in the muscle, and not on the muscular fibre. When he paralyzed the ganglia by atropin or certain the muscles failed to respond to thermal irritation, although they still responded to electrical stimuli.

It is gratifying to the author to discover confirmation of this view by the studies of Dr. Woods Hutchinson, Professor of Comparative Physiology in the University of Buffalo, and to whom I am indebted for advance sheets of his article in the *Boston Medical and Surgical Journal*, November, 1897. The ingenuity of this author has created a word which is expressive of the propulsive action of the cutaneous vessels. He writes of the "*skin heart*" as a factor in the human circulation. While modestly claiming that he is in a position little more than to raise the question, he believes that the minute cutaneous vessels are capable of rhythmic contraction. As Wesley Mills aptly expresses it,

\* "Uses of Water in Modern Medicine," 1896.

† Medical News, January, 1892.

‡ Hay's "System of Therapeutics," vol. iv., p. 24.

§ Am. Jour. Physiology, 1890, iv., p. 185.

§ Archiv. Italien. de Biologie, vol. III.

\* Archiv. f. Anat. u. Physiologie, 1897, p. 307.

\*\* Am. Journal of Physiology, 1890, v., 26.



"An inherent tendency to rhythmic contraction all through the vascular system, including the vessels, must be taken into account."\*

"We have long been conscious of the utter inadequacy of most of the explanations of the extraordinarily tonic and beneficial effects of bathing or splashing the surface of the body with cold water. The familiar 'reaction theory' has been growing more threadbare every year; for, if it simply consists in throwing more work upon an already exhausted or overloaded organ, its ultimate effect would necessarily be that of the boyish attempts to lift one's self by one's boot-straps; not that this element does not play some part in the reaction, but that it is utterly inadequate to account for the general glow of satisfaction, the feeling of comfort and permanently tonic effect, which are brought about by this simple but wonderfully effective means. Why the blood should remain for not merely minutes, but even hours, in the superficial vessels with less effort than before the plunge or splashing, is, of course, hardly to be accounted for simply by any tonic effect upon the heart or central nervous system. But when this remedy began to be systematically applied in therapeutics, the gap between the theory and the results became wider still. In the Brand treatment of typhoid fever, for instance, while we were at first inclined to regard almost the whole of its beneficial effect as due to a mere mechanical lowering of the temperature and quickened escape of abnormal bodily heat, one after another of our clinicians has come to the conclusion that this is one of the least of its beneficial effects, and that the singularly tonic effect which, as it has been expressed, is produced upon the heart and nervous system and the renal excretion is the central factor in its wonderful power. All the leading authorities upon this method of treatment—Baruch, Oser, Siehler, Stockro—have expressed themselves most definitely on this effect.

"Still more recently, in a widely divergent realm of therapeutics, the method is equally marked and with even more surprising results, first, in the treatment of the toxic heart failure or pneumonia, and, second, in the so-called Schott method of the treatment of valvular heart disease. In the latter of these the effect upon the mechanism is the same simple one as before—the application of cold or cool water to the body surface, this, however, being rendered more stimulating, first, by the addition of considerable quantities of salts, chiefly such as will be found in sea water; and, second, in the later stages by the introduction of that unrivalled stimulant to involuntary unstriated muscle fibre—carbonic acid. In this last case we have obviously the temperature factor completely eliminated, and the nervous system as such almost equally so, for these patients are usually in a fairly good

state of equilibrium with the one defect of the inadequacy of their great heart pump. So marked is the effect of this skin tonic that in severe cases of dilatation the almost incredible result is attained of causing the apex actually to retract three-quarters of an inch toward its normal position in a single treatment. Not only are the pulsations of the heart greatly lowered in frequency, but they are apparently increased proportionately in power, so that the work which was previously altogether too much for it is performed with comparative ease and comfort. In fact, the results obtained from this simple remedy sound almost too good to be true, and would hardly be believed if the repeated experience of competent clinicians did not almost unanimously verify them.

"Now, it seems to me that on no possible theory which regards the heart as the sole motive force of the circulation, and the heart muscle as the only muscle in the vascular system possessing powers of rhythmic, propulsive contraction, can more than the merest fraction of any of these three great classes of results be explained. But, suppose we recognize the power, already suggested, of constant rhythmic contraction upon the part of the muscular tissue wherever found in the vascular system—grant this, and it seems to us that the problem in all three cases is well-nigh solved. The voluminousness and functional importance of the great mesh of blood-vessels contained in the skin and subcutaneous tissue, its importance as a heat-regulating and excretory factor, have been insisted upon by all physiologists; and if, in addition, we have the right to regard this enormous mesh, capable of containing nearly thirty per cent. of the entire blood of the body, as endowed with the power of independent contraction in its muscular walls, we have at once a factor in the circulation which could be depended upon for the production of some most striking results. In fact, we venture to claim that in the blood-vessels of the skin and underlying tissues we have in the higher vertebrates, just as found everywhere in the lower forms of life, a great 'skin heart,' which plays an important part in the circulation, not only in health but also in disease. For instance, in the effect of the Brand baths, the fact that the local stimulant effect upon the vessels of the skin is promptly followed by a rapid reactionary dilatation is as familiar as the alphabet, but just why this reaction should so immensely improve the quality of the heart's action and relieve the toxic condition of the whole nervous system is as yet hardly accurately explained. It was usually accounted for simply on the ground that it relieves the work of the heart by dilating the skin vessels and diminishing peripheral resistance.

But Wartenitz observes, what a glance at the flushed skin of the



fever patient would immediately suggest to the eye, that we have already a distended condition of the peripheral blood channels due to paralysis of the vessel walls, and insists, in flat contradiction to the other explanation, that the heart's action is improved by the restoration of resistance in the peripheral circulation. But let us once admit that the fundamental element in this so-called 'improvement of the tone' in the superficial vessels, the appearance of which all investigators agree upon, is really an active and not a passive one, a local rather than a reflex change; in other words, that the normal condition of the muscles in the walls of the arterioles and the amoeboid endothelium of the capillaries, as elsewhere, is not one of rest, either in contraction or in dilatation, but of constant rhythmic activity, and that the restoring of this active contractility in the vast mesh of vessels in the skin, by the contact of cold water and by friction, is the essential element in the improvement of the circulation. The heart itself is nothing but a special local aggregation of these same muscular fibres, and, like them, its action is intrinsic and merely regulated by the so-called cardiac nerves; and, when we recall that the great contractile mesh of the cutaneous vessels is capable of containing over thirty per cent. of the entire blood of the body, and that the whole of this surface is affected by the cold bath, it hardly seems impossible that the stimulation of this great diffuse 'skin heart' may be a factor of the greatest importance in improving the entire circulation.

"Now let us see of what assistance this hypothesis would be in explaining the remarkable effects of the Schott-Naheim treatment. Upon what would these cool baths, with a high percentage of saline constituents in them, rendered still more stimulating by the addition of carbon dioxide, and prevented from depressing or chilling the system by subsequent passive movements and gentle friction, be most likely to act? Obviously, upon the great skin mesh. And, when we remember that we are practically plunging the cells of this entire heart into their old ancestral medium of sea-water, and adding to it the one remedy which most powerfully increases peristaltic action on the part of any of the unstriped muscles of the body, as seen in animals poisoned by it (carbon dioxide), could we imagine anything which would be much more likely to stimulate to its highest degree of vigorous contraction, and restore to its molluscan and crustacean long-swinging, tireless rhythm, the great skin heart?

"The first shock of the cold stimulates the whole mesh to contract forcibly and drive on the stagnant blood, not merely through the arterioles, but, by acting upon the unquestionably contractile epithelial capillary wall, through the capillary system; by a similar stimulation of their linings and walls through the lymphatic and venous systems

the lymph which has become poison instead of food to the tissues. This when thrown into the right side of the heart provides the greatest stimulus for contraction of the ventricular muscle—namely, active dilatation with an abundance of blood. The lungs do their part in purifying, and return it to the left side of the heart, from which it is driven in abundant flow through the kidneys, thus accounting for the marked increase of urinary secretion after this treatment. But if the action ended here, we should be only a little better off than before, for upon the principle usually accepted the superficial blood-vessels, having contracted, would remain for a considerable length of time in the same condition, and the heart would simply have to overcome on the arterial side precisely the same amount of force which had been added to it upon the venous. Suppose, however, that the contraction has been a rhythmic one, and that the vessels have dilated in readiness for this increased supply of pure blood. At the moment they have received it they again promptly, no matter how slowly, contract and drive it on again into the great veins (and that this rhythmical contraction, as evidenced by a healthy flush of the skin, is steadily increased by the continued restoration of ancestral conditions, the vigorous sea-bath which the vessels are receiving, is evident), and it seems to me that we really have a new force added to the circulation, something like an adequate explanation of how the weak and distended ventricle can succeed in retracting its apex half or three-quarters of an inch toward the median line during a single session.

"We would again insist upon the fact that neither in typhoid nor in cardiac inadequacy can these effects, or anything like them, be produced by cold alone (for that has been thoroughly tried in both cases), by the temporary application of water alone, of whatever temperature, or by either dry saline or gaseous or mechanical irritants. It is absolutely necessary that not merely cold, but *cold water*, should be used; that the surface should be frantically rubbed with this for a considerable length of time; that the activity of this should be markedly increased by the addition of the sea salts, and still further by carbonic acid, such as would result from abundant processes of oxidation in the water. In fact, fanciful perhaps as the suggestion may seem, it is by a precise and accurate imitation of our most ancient ancestral surroundings, in cool sea water of high degree of salinity and a considerable percentage of carbon dioxide—in short, precisely the condition which we find in the shallow, sun-warmed lagoons in which life probably originated—that we reach the maximum of curative effect.

"Now let us see for a moment what basis of probability exists for the presence of this factor in the present state of our physiological knowledge. Although, as I confessed at the beginning, little more



than suggestions of its possibility can be given, yet there are several of these. In the first place, all observers for the last thirty years have reported, from time to time, the appearance of rhythmic contractions in certain groups of the vessels of the lower forms, not merely in the invertebrates, but also in the lower vertebrates, even in mammals.

"The farther we go down the scale, the more frequent this becomes. In fact, in the invertebrates it may be regarded as the rule. Among the lower vertebrates the vessels in the wing of the bat, in the fin of the eel, in the fins of various fishes, and in the foot web and mesentery of the frog have been seen repeatedly to possess the power of constant though slow rhythmic contraction. In many cases this has been reported without any apparent suspicion of its real nature, as, for instance, when the arterioles of the frog are reported to seem to 'vary spontaneously,' and when, as Curtiss states, in watching the capillary area in a rabbit's ear, 'capillaries not noted before may suddenly spring into view' and shortly after disappear. Among mammals almost every observer has commented upon, with varying resultant opinions, the singular rhythmic contraction frequently observed in the ear of the rabbit, and occasionally in the mesentery of the same animal. Curtiss also admits that the capillary walls are evidently 'living cells and possibly contractile.' Porter declares that there has been much discussion over the rhythmic contractions present in some of the vascular areas of mammals; and these are but a few of dozens of admissions of the existence of such contractility (at least of occasional signs of it) in the mammalian blood-vessels.

"Of course it hardly needs to be said that it is only occasionally that the opportunity for observing this process in the mammalian tissues can be obtained; and with the single exception of the ear of the rabbit, in which every observer has noticed it, the placing of the tissues in a position to admit of this change being noted, if it occurred, would necessitate a very serious disturbance of the normal relations and even of their vitality. It is, to my mind, significant, to say the least, that in the only places in the mammalian kingdom in which this phenomenon might readily be studied, with the parts in their normal condition—the wings of the bat and the ear of the rabbit—it has been noted, and in some cases quite extensively speculated upon, by almost every observer. In fact, as Mills sums up the discussion of this phenomenon: 'Such facts lend some color to the view that the return of vessels to their previous size after distention by the cardiac systole is aided by the rhythmical contractions of the muscle cells in their walls.' " But we must also admit that nearly every investigator who takes the trouble definitely to pronounce upon

this question expresses himself practically in the words of Morrant Baker: "There appears to be no reason for supposing that the muscular coat assists to more than a very small degree in propelling the onward current of the blood."<sup>\*</sup>

"Finally, are there problems in the physiological aspects of the circulation which remain conspicuously unsolved, and in which this factor might play a part? There are three at least. One of them is the much disputed question of the diastolic wave in the pulse, which has usually been explained as a reaction wave upon the part of the elastic coat of the vessels, as an oscillation reflected from the periphery, as a percussion wave from the closing of the aortic valve, and upon a variety of other grounds. Upon closer examination, this wave is usually found in reality to consist of a low prediastolic and a higher diastolic curve; and we cannot resist the suggestion that we have here precisely the condition which would be accounted for by supposing that the first step in the return of the blood-vessel to its normal calibre was carried out mechanically by the elastic tissue in its walls, producing the prediastolic oscillation, while its return was completed by the active muscular contraction of the muscular coat, producing the diastolic wave proper. Moreover, this condition of affairs is exaggerated and retarded by the lowered arterial tone; by which is meant a relaxed condition of the muscular coat, and consequently a free and complete distention, followed by a slow contraction of wider range, corresponding to the degree of distention. In conditions which increase the arterial tone, in which the distention from yielding is slight, and the reaction so prompt as practically to coincide with the recoil of the elastic tissue, not only are the two waves merged in one, but their beginning is so nearly synchronous with the cessation of cardiac distention that the downward curve is practically uninterrupted, and the diastolic wave almost disappears in high arterial tension.

"And, last of all, there are certain reactions in the wonderfully complex and interesting problem of the maintenance of the blood-pressure which still lack any satisfactory explanation upon the usually accepted hypothesis of the passive relation of the arterial walls; for instance, the familiar increase of arterial pressure where an increased amount of blood is being driven through a part, precisely the reversal of what would be expected by one, on *a priori* grounds, from the action of the vessels were they mere passive conducting tubes. This has usually been lamely explained by calling into play that mythical power of the long-suffering heart of increasing the work done by it in direct proportion to the resistance offered to it; which, if true (except

<sup>\*</sup> Kirkes' "Physiology," p. 207.



for a very limited period), would place it upon a perfectly abnormal plane of biologic virtue. Suppose, however, that this increase of the arterial pressure is due to the active propulsive pressure which the muscle wall is exerting upon the blood, and that its contractions occur at the same rate with those of the heart, but in the intervals between them, and we can at once see how the blood pressure may be distinctly raised and yet the work of the heart not only not increased but distinctly diminished thereby.

"In fine, we would venture to submit the conclusions, simply as a basis for further investigation and discussion:

"First, that the existence of active contractility upon the part of the muscular wall of the arteries and arterioles, and in less degree of the veins and lymphatics, and of the capillary epithelium, is something which we have the strongest reason to expect upon ancestral grounds in even the highest mammals.

"Second, that the beneficial effects of cold water upon the circulation, particularly of a high degree of salinity and accompanied by friction, (first) in health, (second) in the Brand method in typhoid fever, and (third) in the Schott-Nauckem method in cardiac disease, are adequately to be explained only upon the ground of the persistence of such a power in our mammalian skin heart.

"Third, that the occurrence of this sort of contraction is almost uniform in invertebrates, and has been observed in the vascular area of many of the lower vertebrates—frogs and fishes; and in those positions in which it could be readily seen under normal conditions in the higher vertebrates—the wing of the bat and the ear of the rabbit; so that we have abundant grounds for the possibility and some even for the probability of its occurrence in our own species.

"Fourth, that in the behavior of the vessels in health, as noted by physiologic investigators, there are again conditions which are admittedly unexplained, and yet which may be accounted for on this supposition—the rhythmic pulsation of the vessels in the rabbit's ear, the restoration of normal tone on the part of the vessels of any area after recovery from section of the vasomotor nerves, the persistence of contraction in the ventricle in lower vertebrates and auricle in all forms after the section of all the cardiac nerves, the phenomena of the diastolic wave, and the anomaly of an increase in the rapidity of the circulation and amount of blood in a given part coinciding with the marked increase of the arterial resistance."

Hasebrook\* concludes an able article on gymnastic treatment of cardiac diseases by affirming the independence of the peripheral circulation. He says that diastolic and systolic activity expresses it:

\*D. Arch. f. Klin. Med., Bd. lxxvii.

self in the capillaries of the tissues as action, in the arterial field more as propulsive action.

The author has reproduced Dr. Hutchinson's "skin-heart" theory, because it confirms his own views on the subject, reached independently on clinical grounds, and when combined with the action of the skin muscles upon the cutaneous capillary area which he has endeavored to emphasize it explains a very plausible element in the theory of reaction, which has long been a subject of dissenting views among hydrotherapists (see article Reaction).

*Veins.*—The share borne by the cutaneous veins, i.e., the superficial veins which are so abundant and of large calibre in the extremities, in the rationale of hydrotherapy has not obtained the consideration to which it is entitled. The author has long suspected that enormous masses of venous blood must be displaced by the same contraction which cold procedures produce in the superficial smaller vessels, because blood contents of these veins are so easily changed by position, for instance. Having cognizance of no anatomical or physiological studies of recent date, he has hitherto omitted mention of the venous circulation in this chapter, rather than indulge in theoretical discussion or unsupported empirical data. In the *Journal of the American Medical Association*, October 20th, 1906, Sewell writes (p. 1283) (the italics are mine):

"The relatively slight musculature of the veins has led to underestimation of their contractile function. In comparing the veins with the arteries as contractile mechanisms it is only fair to consider the ratio of muscle mass in a given section of vein to the mean blood pressure it must react against, with the similar ratio in a corresponding artery. *The subject of vein physiology seems to have received very limited attention.* Bamcroft\* studied the veins in the hind limbs of cats and rabbits. No marked decrease in the calibre of the veins was produced by clamping the aorta, the vein becoming simply flattened and flaccid. But stimulation of the sciatic nerve caused marked contraction, which was irregularly localized. The effect of the stimulation was much influenced by the conditions of exposure of the vein, and the vasomotor apparatus was very subject to fatigue.

A study of the human veins demonstrates: 1. *That the vein may be emptied either passively by failure of inflow or actively by its own contraction.* 2. That in the relaxed and partially filled vein, at least when held horizontally, the blood may flow freely past a valve in either direction. 3. That the closure of a vein valve is usually, if not always, produced by active vein contraction, primarily of the

\*Haler, Böhm, Dicksch. "Text-Book of Histology," 1902.



vein segment peripheral to the valve, and probably secondarily by that central to it. It seems reasonable to suppose that abnormal dilatation (varicosity) of veins depends on failure of vein contractility to make the valves sufficient. 4. Vein contraction can be sharply localized. *The normal motor stimulus of venous contractility is cold, especially when associated with light friction.* 6. The contractile manifestations of the veins vary greatly, probably from introduction of a fatigue element.

"In the superficial veins and those of the lower limbs the musculature is said to be relatively well developed. Flattened and circularly arranged muscle cells are met with at the inner surface of many of the larger valves."

"In persons in whose arms the superficial veins are prominent, the veins contract and the valves become more or less visible on exposure of the arm to cool air. If now the arm is slightly brushed from wrist to shoulder by a single pass of the other hand, the veins thus irritated may become completely invisible, or still appear as white cords, though their course is plotted by the valves, each of which is held shut by a droplet of blood kept in place by the contracted vein central to it. The contractile power of the vein may still keep the droplet of blood in place over the valve for a time when it is opposed by the influence of gravity through elevating the arm. When a vein is dilated, mechanical irritation of a limited segment sometimes causes a tonic local contraction of that part. When the blood is smartly brushed out of a full vein up to a given valve and then prevented from re-entering below, the emptied segment of vein seems to be actively contracted and sharply marked off from the full vein terminated by the closed valve beyond."

"When the hand is soaked in cold water for a minute, the veins contract and become nearly or quite invisible. But at the same time the skin of the hand becomes very red. There is no accompanying change of arterial pressure in the arm. The congestion of the hand is evidently produced by capillary engorgement due to increased resistance offered to the flow of blood by the contracted veins. The venous pressure falls somewhat after this procedure, but is not nearly so low as when measured in a vein of the same degree of distention when the skin is pale. That is, in the first case the ratio of inflow to resistance in the veins is much greater than in the second. In other words, when a vein becomes smaller by active contraction of its walls, the pressure within it tends to rise; when the diminution of its size depends on diminished arterial inflow, the venous pressure always falls."

"The localized contraction of veins is well illustrated after immersion of the hand and half the forearm in cold water. For minutes

after the removal of the member the veins remain small or invisible over the area which had been chilled, while just above it the veins of the arm, fed from the deeper tissues, may be fully dilated; the result is especially striking if a slightly constricting band is laid round the upper arm."

A correct appreciation and understanding of the anatomy and physiology of the cutaneous circulation are absolutely demanded for the comprehension of the varied and sometimes apparently inconsistent results obtained from the application of water in disease.

**Nerves.**—The nerve supply of the skin consists of medullary and non-medullated fibres. The sensory branches from the cerebral and spinal nerves (mixed with vasomotor nerves) and the motor nerves of the cutaneous muscular structure under the skin form, according to Unna, plexuses in much coarser bundles and more distinct arrangement than those seen in the blood vessels. In the subcutaneous tissues they present a more extensive horizontal course; they repeatedly break into thin branches before they finally penetrate the cutis vera in company with the vessels. At some points in the skin they give off within the subcutaneous tissue branches to the Pacinian corpuscles. After penetrating the cutis, the nerves again bend at the lower border of the papillary bodies, and assume a horizontal position in order to form a real nerve plexus just beneath the epidermis. Krause claims the presence of very fine ganglionic cells in those nerve fibres which still retain a medulla. The uppermost branches are very short, and losing their medulla terminate just under the epidermis in fine fibrillæ, which are distributed in great abundance, and furnish some branches to the endothelia of the papillary vessels. Others are found free in the connective tissue with fine, button-shaped ends. Another portion of these nerves which still contain a medullary centre rises into the papillæ in the direction of Meissner's bodies, which, as is well known, are abundantly distributed throughout the entire skin.

The nerve supply of the epidermis is very interesting. According to Unna, non-medullary branchlets of the subepidermal network arise perpendicularly between cylindrical basal cells, and give off fine branches in manifold netlike divisions as far as the horny layer. They bore through the plasma prickles cells, and arrange themselves in fine, button-like ends. The typical nerve ending in the epidermis is, therefore, in pairs, and intercellular.

The hair follicles and sebaceous gland tubules also receive nerve fibres from branches which lie in close apposition to the lower layer of the epidermis.

All sensory nerves end, according to Krause and Unna, in non-medullary fibres, which terminate in small, button-like enlargements,



most abundantly found in the coils of the epidermis, as far as the horny border. These afferent nerves conduct thermal impression to their centres.

*Reflex Arcs.*—Physiologists have studied the connection between certain areas of the skin and the spinal ganglionic centres. The more or less positive data thus obtained are of immense import to the hydrotherapist.

Between the scapula the cutaneous nerves represent the scapular reflex which is in direct functional connection with the first, second, and third dorsal ganglia. The cutaneous nerves supplying near the edges of the recti abdominis constitute the abdominal reflex area which is connected with the eighth, ninth, tenth, eleventh, and twelfth dorsal ganglia. The cutaneous covering of the lower part of the chest on each side represents the epigastric reflex area, which is related to the fifth, sixth, and seventh dorsal ganglia. The skin covering the nates forms the gluteal reflex area, which is connected with the fourth and fifth lumbar ganglia; and the inner and upper surface of the thigh is the crural reflex area, which is related to the fourth and fifth lumbar ganglia.

In an able essay on the "Nerves of the Capillaries," Carl Söder\* furnishes a study of this subject, concluding that "the nerves supplying the capillaries connect also with sensory nerves and with nerves surrounding the larger blood-vessels, both arteries and veins.

"The branches of the chorda tympani to the submaxillary gland do not pass to the gland cells, but they terminate on the capillaries.

"In the muscular and glandular tissues—and perhaps throughout the body—there is a vast peripheral nervous plexus belonging to the capillary blood-vessels. These nerves of the capillaries, which may perhaps be regarded as nutritive nerves, regulate the production and transmission of lymph, and are concerned in the mechanism of glandular secretion. They may be called into activity both by peripheral influences and by impulses received from the central nervous system and the sympathetic ganglia. They may influence, through their connections with the vasomotor nerves on the arteries and veins, the blood supply to a part."

*The nerve endings in the skin here described furnish a clue to that remarkable insensitiveness of the epidermic layer which opens to hydrotherapy a free gateway to the central nervous system, and especially to the sympathetic, which controls most of the organic functions.*

Considering this anatomical and physiological fact in connection with the equally well-established truth that the ten thousand square feet of capillaries in the skin are in direct connection with the central

\* The Journal of Experimental Medicine, vol. I, No. 3, 1902.

circulatory system, it may be claimed with absolute candor that he who rightly appreciated the principles and practice of hydrotherapy holds the key to the solution of many pathologic and therapeutic problems, which have hitherto baffled the physician.

*Temperature of the Normal Skin.*—Despite the fact that all hydrothermic procedures are external, and that their effects depend almost altogether upon differences between the temperature of the water applied and that of the skin, the temperature of the latter is rarely if ever referred to in descriptions of its physiology nor in the rationale of the various procedures. In a febrile chronic disease, especially, it is of immense importance to bear in mind that the normal skin temperature averages from six to eight degrees lower than the internal temperature. *The author regards 92° F. as the average of febrile skin temperature.* Various parts of the body present certain variations, which in practice are utilized, as will be shown. It is a matter of common observation that the lower extremities are easily cooled, and for this reason cold applications are rarely made to these parts, hot applications quite often. The abdomen is the warmest part of the uncovered body in the normal state, the forehead the warmest exposed part.

In this work the prevalent idea that water below the temperature of the body is cool or cold water has been avoided, and the more correct view that water below the temperature of the skin is cool or cold, and water above the temperature of the skin is warm or hot, is insisted upon.



## CHAPTER II.

### FUNCTIONS OF THE SKIN.

IN connection with hydrotherapy the functions of the skin may be considered chiefly in three aspects: first, as an organ of sense; second, as an organ of excretion; third, as an organ of heat regulation.

*First, as an Organ of Sensation.*—Rockrig has well epitomized the importance of the skin as an organ of sense by the statement that, next to sight, the sense of touch is the most important of all the senses. Through this sense the human organism is made conscious of its contact with the outer world. The anatomical distribution of the nerves throughout the skin and their connection with the central nervous system are so perfect and complete that not the finest pin point may penetrate its uppermost layer without calling into action all those agencies by which the human organism protects itself against threatening dangers or deleterious influences. *The cutaneous nerve endings stand guard, as it were, over most of the functions of the human body.* They are constantly exposed to irritation by heat and cold, which they convey to the vaso-motor, respiratory, and cardiac centres, and to the muscles, in order to arouse in them by reflex action such a degree of innervation as may be required to ward off any damaging influence that may approach from without. The nerve endings which fulfil this important function are the tactile corpuscles, and Pacinian bodies, and club-shaped terminals which compose the sense of touch. The latter is composed, according to Goldscheider,<sup>\*</sup> of a large number of specific sensations, each of which is brought about by separate nerves. Goldscheider has sought for the terminals of these nerves and has established their separate positions and specific functions. There are points for cold and heat, which may be discovered by touching them with small hair or metal pencils moistened with ether. These points are arranged in chains and lines, which often radiate from a single point. It is very remarkable that these radiating points are in lines common for both cold and heat. Nevertheless the radiations and chains for cold do not unite with those for heat. The latter are smaller in number. *The sense of cold, when aroused by irritating the cold points, is lightning-like. The sense of heat, when aroused by irritation of its points, on the contrary, de-*

<sup>\*</sup> *Archiv für Physiologie*, 1885.

*relata non solum.* The temperature points may be excited mechanically and electrically. Indeed, we may discover their action very plainly by touching a "cold point" with a heated needle. A mild touch is not noticed at these points, but even the strongest touch does not produce pain in them. Irritation of the trunks of these nerves for cold produces an eccentric sense of cold, the same as when the terminals are irritated. For this reason we often find a temperature sensation following strong pressure which happens to strike upon temperature nerves.

Examination of the topography of the temperature sense shows that it depends upon the abundance of nerves in a part. For instance, in the palmar ends of the fingers, which are known to have excellent sense of touch, the number of temperature points is small, and therefore the sense of temperature is subliminal. The belief that the sensibility of the temperature sense depends upon the tenuity of the epidermis is erroneous, according to Goldscheider.

Separated from the temperature points are the pressure points, which furnish appreciation of touch and of locality. There are no specific points for the sense of pain, although at certain points even feeble irritation may produce a sense of pain. Frey, of Leipzig, regards it as probable that there are specific end-organs in the skin for the pain sense, although there are no externally recognizable points for this sense.

Finally, there is a system of nervous sensation spread through the skin, not arranged in any recognizable type, which seems to enable us to "feel our skin." While the pressure nerves give information of those objects which touch us from without, the nerves of sensation are the carriers or couriers of the so-called general sense.

A. Herzen holds that experiments made on limbs that felt "asleep" go to show that, while these are deficient in the sense of touch and the sense of cold is absent, the sense of heat is completely preserved, differing in this respect from Goldscheider's views. Herzen believes that the sense of cold is conveyed on separate tracts, like the sense of touch, through the posterior fibres of the cord, while the tracts for the sense of heat, like those for the sense of pain, pass through the gray substance. This remarkable fact was confirmed clinically in a case of myelitis of the posterior cord with complete tactile anesthesia of the lower extremities, and it was also confirmed by experiments on animals.

According to Roehrig, the actual efficiency of the touch, pressure, and temperature senses depends upon the integrity of the part of the skin containing terminals of the nerves of touch. When cold and heat act directly upon the nerve trunks, there is neither a temperature sense nor localization. At the most, we may have a sense of pain following



intense injury, this being a common result of varied impressions. In a similar manner the ends of the nerves of touch lose their distinct pressure and heat sense when intensely irritated, because their perceptive capacity is blunted by the general sensation of pain. The portion of the skin thus affected loses for a time the capacity of further irritability, because the nerve endings are overstrained. Touch and pressure sensations may be regarded as due to direct compression of the tissue containing the nerve endings, and we judge the extent of the impression thus received by the intensity or extent of the pressure impart. The case of heat sense is similar, and depends upon that property of heat which produces an expansion or contraction of the fluid contents in the microscopical organs of touch. Hence there is also in the sense of heat a species of pressure effect upon the nerve endings.

Thus is explained the well-known observation that we often exchange impressions produced by touch and temperature irritants. For instance, we usually overestimate the weight of a cold body, because we cannot precisely separate pressure and temperature sensation, but perceive both as an intensified pressure sense.

Another condition which is important in the production of temperature sensation is the blood supply of the end organs of the nerves of temperature, this being subject to reflex action. Cold produces a contraction of the cutaneous vessels, and warmth causes their dilatation. This explains why electricity and certain chemical irritants of the skin, which produce similar effects upon the cutaneous circulation, are capable of exciting the temperature nerves and producing a feeling of warmth. The difference between the burning sensation produced by mustard plasters and by the interposition of a galvanic current can really not be distinguished from that produced by contact with a heated object.

Moreover, pressure and warmth arouse such decidedly different sensations in the central nervous system that it is impossible to regard them as modifications of the same organ of sense. We are, therefore, forced to conclude that, just as in the tongue there are nerves of touch and sense lying near each other, with entirely different endings, so is the skin the seat of separate organs for producing perspiration, heat, and touch.

There is no doubt that the impressions from the afferent and efferent nerves are conducted in the same manner to and from the nerve centers.

*Temperature sensations* are divided into positive, or sensations of heat, and negative, or sensations of cold, according to the temperature of the object being higher or lower than that of the skin. But, max-

much as the temperature of the skin is constantly subjected to fluctuations, it is clear that a sharp distinction between these conceptions is not easily made. Generally the power to perceive cold and heat is subject to many fallacies. For instance, our judgment depends upon the size of the portion of the skin touching the object, and consequently upon the number of the nerve endings which come in contact with it. Temperature impression is thus intensified by the number of nerve endings receiving it. In opposition to Goldscheider, Rookrig insists that much depends upon the greater or lesser thickness of the epidermis, which is a poor conductor of heat.

Different portions of the cutaneous area present, according to Goldscheider, variations in sensitiveness. This painstaking author has demonstrated that the median line of the body presents the sense of sensitiveness which diminishes with distance, but that it is more intense on the left side, and that the sense of cold is more positive than that of heat. It would appear that just over the spinal column the sense of cold and heat is more feeble than in other parts of the back, on which it is intense. Hypæsthetic parts are well known to be more sensitive to temperature effects. This fact is utilized, as will be noted, as the technique of various procedures.

Repetition of exposure to temperature lowers the skin to lower stages. This fact is not only clinically demonstrated, but has received laboratory investigation. Scrig and Lede\* confirmed Nussdorff's observation† that after repeated cold baths dogs do not manifest the rectal temperature reduction first noted. They explained this adaptation to temperature impressions as a blunting of sensibility to cold which improves the physical regulation of heat (as distinguished from the chemical, which is due to thermic changes). They insist also that it is not due to a training of the smooth muscular fibres of the cutaneous vessels. While the latter may be true, there can be no doubt that the muscular fibres of the skin receive a training by repeated brief exposures to cold that must leave the capillaries contained in it to cold and improve their "tone."

To sum up, we have in the nerve apparatus of the skin facilities for perceiving pain, temperature, and space, the aggregate of which endows it with all the intricate functions of an organ of sensation. The enormous importance of the skin as an organ of sensation is exemplified by the pathological conditions which accompany loss of reflex sensibility. In old hemiplegias the skin is shrivelled and dried, showing a lack of proper nutrition; in facial paralysis impairment of the nutrition is also evidenced by the withered and emaciated condition of the skin of the face; in severe ataxia, pallor and coolness of the skin are not infrequent.

\* Arch. f. Hygiene, 29, 1900.

† Virch. Archiv, 1882.



*Second, as an Organ of Secretion and Excretion.*—That the skin is important as an organ of excretion has been recognized so long ago as the time of Galen. But the idea which has until recent times prevailed, that the skin excretes so many deleterious elements that the suppression of the latter invariably and quickly becomes a lethal factor, is erroneous. The familiar example of the boy, who, being gilded to represent an angel at one of the papal exhibitions, died under this manipulation, is no longer accepted as illustrating the danger of suppressing the excretory functions of the skin. Death by covering animals with impermeable substances is now known to be due to a disturbance of the heat regulation by which the inner temperature is finally reduced below a safe point. This is proved by the fact that when the temperature of animals thus subjected to an impermeable covering is maintained by surrounding them with warm air they do not so readily succumb. The effect of varnishing the skin, when not so counteracted, is a sudden rise of temperature with all the symptoms of a febrile condition, such as weariness, rapid pulse, and respiration; the latter gradually becomes slower, the temperature falls, the animal becomes dull, albuminuria and convulsions ensue, the exhalation of  $\text{CO}_2$  is reduced to one-seventh of the normal, and the temperature falls to  $80^\circ \text{F}$ .

Although the suppression of the perspiration is not so imminently dangerous as was formerly supposed, the secretory function of the skin is, nevertheless, of great importance in the maintenance of a healthy condition. Through its extensive glandular structure, an enormous discharge of water is produced from the cutaneous surfaces. Carbonic acid also is exhaled through the skin, as well as urea. According to Schöerbach,\*  $\text{CO}_2$  is eliminated in moderate quantities from the skin when the temperature ranges from  $29^\circ$  to  $33^\circ \text{C}$ . A rise over  $33^\circ$  produces a sudden increase of  $\text{CO}_2$ , which may be doubled when  $34^\circ$  is reached. Watery excretion is not abundant under  $33^\circ$ ; it increases simultaneously with the  $\text{CO}_2$  excretion, both being probably produced by the activity of the gland cells.

Lombardo (Giornale Italiano dello Malattie Venere e della Pelle, 1907-8) found glycogen constantly in the secreting epithelium of the sebaceous glands, and in the external epithelial layers, from the bulbs to the insertion of the arrectores pilorum.

In various diseases of the lungs and heart also, in which other physiological functions of these organs are diminished, the exhalation of  $\text{CO}_2$  by cutaneous excretion is usually enhanced. Witness the profuse perspiration attendant upon severe asthma; the walls of the cutaneous vessels are dilated, more water, aqueous vapor, and carbonic acid are excreted; and the dyspnoea is somewhat relieved. So, when the heart's action is embarrassed, the lumina of the cutaneous vessels become distended, affording some compensatory action to tide the patient over

\* Archiv für Anatomie und Physiologie. 1893.

immediate danger. The clammy sweat, characteristic of cardiac inadequacy, is a commonly observed clinical phenomenon.

The similarity in the anatomical structure of the skin and the glomeruli of the kidneys, and the chemical resemblance of perspiration and urine, have often been pointed out. Many clinical observations go to show that the skin is one of the most important aids to the kidneys. That the perspiration and urine are excretions, to a certain extent vicarious, is proved by the fact that their relation in this respect is generally enhanced in disease. Thus is produced an increase in the perspiration of those constituents which the kidneys are incapable of eliminating. Urea has been found by Favre, Picard, and Funke, in the normal perspiration to the extent of 0.1 to 0.2 per cent. The elimination of the most dangerous chemical elements by the skin is generally enhanced in those diseased conditions in which the kidneys become inadequate. Schottlein, who failed to discover urea in the normal perspiration, observed it when the kidneys became inadequate, as in the uræmia of cholera. In these cases he saw the whole body covered with a thin white crystalline layer of urea. Umana confirms this statement by observations made in cases of uræmia due to suppurative of the kidneys and in cholera typhoid, in which these deposits could be scraped off daily in large quantities.

Conrad Brunner\* has demonstrated in a man suffering from pyæmia, in whose blood the *staphylococcus albus* was present, that perspiration induced by wet packs contained the *staphylococcus* abundantly in six or eight examinations. To verify this observation, Brunner experimented upon two pigs, which were made pyæmic by injections of the *staphylococcus aureus*. In the sweat produced in these animals by pilocarpine, numerous cultures of these *staphylococci* were found. In a cat impregnated with bacilli of anthrax, sweat produced in the foot by faradization of the sciatic nerve showed the presence of these bacilli.

Tiziani reports a case of septicæmia arising in the left knee, after a condition for which the knee was excised and disinfected without result in the general infection. During the illness, in which the patient succumbed after amputation of the limb, a milium eruption appeared on the skin which, upon being opened after careful disinfection with sublimate and alcohol, was found to contain a pure culture of *staphylococcus pyogenes aureus*, proved by culture on gelatin and agar. The same micro-organism was found in the urine.

Bernaldo describes a case of puerperal peritonitis, in which the secretion from the uterus contained streptococci. The latter were also found three times in milium vesicles on the skin and in bedsores, and at joints which had been inflamed by subcutaneous ether injections.

Gaertner also found, in a case of sepsis after turning for placenta

\* "Ueber Anseheidung pathogener Micro-Organismen durch den Schweiß." Berliner klinische Wochenschrift, 1899, No. 51.



prævia, the staphylococcus albus in the blood and in the perspiration, together with other diplococci. He reports two other cases of infection in which he found in the perspiration the same staphylococcus which existed in the blood.

These well-authenticated observations prove incontestably the importance of the skin as a secreting and excreting organ in health, and the vicarious utility of this function in disease.

It remains to be shown later how hydrotherapy may utilize its enormous influence upon this function of the skin in disease.

*Third, the Skin as a Heat Regulator.*—This is the most important function of the skin when considered in connection with hydrotherapy. It depends to a great extent upon the two functions discussed above. To the human organism the maintenance of the body temperature is of paramount importance, and the contribution of the skin to this process is indispensable. It is a trite physiological fact that the standard of the body temperature depends upon the maintenance of an equilibrium between heat production and heat loss. Without entering upon the theoretical questions involved, it may be stated that heat is produced by the combustion of non-nitrogenized substances, chiefly in the muscles, and that heat is given off by perspiration and radiation from the cutaneous surface. When heat loss exceeds production, the temperature is lowered until the processes of life are interrupted and cease.

The following physiological facts, trite though they be, are of interest in this connection. The temperature of the living human body is not governed by physical laws alone; it is supplied with a mechanism whose function it is to protect the body against serious heat loss by calling forth certain conditions before dangerous or low temperatures are reached. When the body is exposed to temperatures much below its own, the peripheral vessels in the skin are contracted. Their lumina are narrowed; the circulation of blood is gradually diminished in force. The loss of heat from the cutaneous surface being governed by the activity of its circulation, less heat is now lost. Besides, a collateral hyperæmia ensues in the underlying parts which offers a barrier to the penetration of cold. Inasmuch as cold inhibits the action of the vaso-motor centre which governs the abdominal splanchnic nerve, the large vascular area which is under control of this nerve is greatly increased; the cold blood is thus drawn into this warmer locality for safe keeping, as it were. At the same time the muscular structures of the skin which surround the hair follicles, the action of which has been described in the physiological portion, react under the stimulus of cold by contraction, producing the well-known cutis anserina. This condition prevents cooling by radiation. By reason of the contracted condition of the cutaneous vessels, the force of the heart is intensified, according to the law of Marcy; arterial blood is driven with more force through the



muscles, and the heat-producing capacity of the latter is thus enhanced. In addition to this, the voluntary muscles usually respond to the demand for more heat by the desire for action, which the influence of ordinary cold usually arouses. There is also a direct effect upon the nerve mechanism, conveyed probably from the sensory nerve endings which form the delicate temperature sense existing in the skin. The thermic intrusion upon the temperature-regulating machinery is neutralized by the central nervous system in the following manner: The spinal cord contains an excitatory and moderating system, which, according to Senator, affords a latitude of  $8^{\circ}$  to  $16^{\circ}$  C. for regulating temperatures. When the body is suddenly exposed to cold, the excitatory fibres are either stimulated to action or a purpose of the inhibiting fibres ceases. More heat is produced. The irritation is conveyed to motor tracts. A shoddy, mild contraction of the muscles takes place, which may even be intensified into distinct rigors. Thus a considerable quantity of heat may be developed, which counteracts the damaging effect of exposure to cold. M. Foster says: "Many considerations have long led physiologists to suspect the existence of a nervous mechanism by which afferent impulses arising in the skin or elsewhere might, through the central nervous system, originate efferent impulses, whose effect would be to increase or diminish the amount of heat generated for the time being in the body."

When, on the other hand, the body is exposed to high temperatures, the sensory nerve endings which form the temperature sense convey the irritation to the vasodilator centre in the medulla oblongata. An increase of the large vascular area in the skin and in the lungs is produced in response to this irritation, resulting in increased exhalation of moisture. At the same time the large vascular area within the abdomen, which is under the control of the splanchnic nerve, becomes narrowed. Thus the circulation of superheated blood is not only limited, but evaporation, heat radiation, and perspiration, together with the constricted condition of inferior vascular areas, combine to cool the inner part of the body, and thus to counteract the deleterious effect of external heat. If exposure to heat continues, or increases, the cutaneous vessels lose their tone, a congested state of the skin ensues, which prevents a too rapid flow of the heated blood to the interior by reason of the sluggishness of the circulation thus induced. The interior is not supplied with the quantity of blood which is necessary to produce the usual quantum of heat, and is thus protected against being superheated.

Adamkiewicz has demonstrated that perspiration may be induced by influences acting upon the innervation through the sensory nerve filaments, and that heat is a most powerful reflex irritant for arousing the perspiration, whether it be applied externally or be generated within.

the body. The blood cooled by the perspiration thus induced flows to the interior of the body, and aids in preventing an excessive rise in temperature.

It is not difficult to demonstrate by clinical observation that the temperature sense in the skin is the most important agency in the regulation of the body temperature. Burns covering over two-thirds of the body are fatal, because the terminal sensory fibres of the skin are destroyed. By reason of this intense effect upon the central nervous system, the vasoconstrictor fibres are brought into the highest state of tension. Heat radiation from the skin is gradually interfered with, while at the same time tissue change is enhanced and production of heat is immensely increased. There being no regulating influence at the periphery, the vessels at the injured point, even if they are not destroyed, are contracted. Hyperæmia of some of the internal organs ensues, resulting in the well-known ulcers and inflammations which destroy life.

Again, large doses of narcotics which destroy the sensibility of the peripheral nerves and the conducting capacity of the sensory nerves favor death from exposure to cold, because the heat-regulating centres do not receive the impressions to which in normal conditions their response is made by increase of heat production.

The effect of thermal irritations of the cutaneous surface upon the body heat has been investigated by Otto Pongisch, who states the following results:

Driving of the blood from, and stoppage of the circulation in, a part diminishes the loss of heat as far as 70.6 per cent.

The interruption of the circulation by the production of passive hyperæmia diminishes loss of heat as far as 46.2 per cent.

Mechanical irritants may produce an increase of heat loss as far as 25 per cent.

Weaker chemical irritants may produce an increase of heat loss as far as 40 per cent; intense irritants, on the contrary, only to 8 per cent.

Thermal influences which produce cutis anserina diminish heat loss as far as 44.5 per cent.

A warm, rain bath may by this means induce a reduction of heat loss as far as 38.7 per cent.

Partial cold wet rubbing may increase heat loss up to 30 per cent.

Cold rain baths, with subsequent rest, produce after a transitory diminution of temperature, an increase of 23 per cent.

Cold rain baths, with subsequent exercise, increase heat loss as far as 56.6 per cent.

Warm rain baths, with cold fanning and subsequent rest, increase heat loss 60 per cent.

In two cases of fever the heat loss during the rise of temperature was diminished 25.4 per cent.

If we accept as the result of these exact investigations the deduction that heat dissipation may be increased 70 per cent, or decreased 90 per cent, thus enabling us to induce compensatory fluctuations that may be three times the normal, we have a ready explanation why these compensatory agencies serve to maintain the constancy of the body heat. We must also accept the deduction that in this manner may be explained the rise of temperature in ferrets, and its reduction by the hydropatric procedures described in another part of this work.

The influence of thermic agents, externally applied, upon heat production and heat loss, will be discussed more fully in a future chapter. It is here referred to with a view to demonstrate the *great importance of the skin as a regulator of temperature by means of its temperature sense*, which conveys to the central system those impressions which regulate heat loss in due proportion to heat production.



## CHAPTER III.

### PHYSICAL PROPERTIES OF WATER.

THE physical properties which render water capable to act as an agent for conveying those temperature impressions which are the essential elements in hydropathic procedures are:

1st. *Its capacity for gathering, absorbing, and conducting heat and cold.*

That water possesses a remarkable capacity for absorbing heat without being itself much elevated, and giving off heat without losing itself very materially in temperature, has been frequently demonstrated by experiments. The quantity of heat required to raise the temperature of one pound of water 34° suffices to elevate to the same temperature two pounds of oil of turpentine, eight pounds of iron, or thirty-five pounds of mercury. The temperature-conducting capacity of water is twenty-seven times greater than that of air. Water conveys to the skin much stronger thermic impressions than does air at the same temperature, a fact easily discovered in exchanging a room temperature at 75° for a tub bath at the same temperature.

2d. *Its flexibility.* The enormous physical changes which water is capable of accepting as the result of different temperatures enhance its value as a flexible thermic agent. At 32° F. water solidifies; at 212° F., under ordinary atmospheric pressure, it becomes elastic, increasing seventeen hundred times in volume. In the form of ice it evolves, as will be shown, valuable thermic indications which are impossible in other forms. In the volatile form of steam it is again a most useful agent.

By proper mechanical contrivances water may be obtained at any temperature demanded by the indications of cases. Its application is rendered more facile than that of any other remedial agent by the precision and methodical manner with which temperature and duration may be graded, as will be shown later.

An enormous range of effect is evidenced by our ability to apply water at a temperature equal to that of the skin, which produces an indifferent effect, and at that of ice, which, by sufficiently long continuance, may destroy the life of the part, and in the other direction up to a temperature sufficiently high to produce the same destructive effect.

By remaining within the range of safety, we still have a large choice of temperature (say from 34° to 120° F.) which renders water a most flexible therapeutic agent.

3d. The perfect control which the chief physical property of water—its fluidity—affords for changing the size, form, and character of the stream, for directing it to any one or all portions of the body, for thus limiting the local and general effects with the utmost nicety and precision.

The various hydropathic procedures, full bath, half-bath, sitz bath, spinal douche, etc., derive their technique and application from this property of water.

4th. The capacity of water to be influenced by varying degrees of pressure endows it with power to produce mechanical effects upon the nerve and blood supply of the skin, which form one of the most interesting and *least appreciated* elements of hydrotherapy.

By proper mechanical contrivances, which will be described in a future chapter, water may be applied almost without pressure, as by a sponge, or by pouring from a vessel which is just above the level of the cutaneous surface; it may flow from a height with great force, or it may be driven upon the skin by compressed air. Thus may be produced a range of instant mechanical effects which vary from the mildest to the most destructive. That a destructive effect may be produced cannot be denied. I have frequently demonstrated it with the *filiform douche* of Lamiat, by which a thread-like stream, propelled with great pressure, can be made to penetrate the skin, producing pain and bleeding.

Here again we find a range of action which enables the physician to produce varied effects adapted to the therapeutic indications which may present themselves.

## CHAPTER IV.

### RATIONALE OF THE ACTION OF WATER IN HEALTH.

SINCE water may be applied as a therapeutic agent externally to the cutaneous surfaces, internally to the cavities of the body by irrigation, and also with a view to absorption, its mode of action in health will be considered under these three heads.

*The application of water to the cutaneous surface is the most important function of hydrotherapy. It involves chiefly thermal and mechanical effects. The action of these, whether by cold, heat, or mechanical impact, is that of irritants to the peripheral sensory nerves.*

(a) This irritation may be conveyed to some portions of the central nervous system, and thence reflected by efferent fibres to the various parts which we desire to influence.

(b) Changes of the local innervation of the part which receives the application may be produced by effects upon the ganglionic centres, which have been shown by Vulpian, Golz, and Heidenhain to exist in the nerve supply of the vessels, and which perform the function of nerve centres within their immediate sphere without depending upon reflex impulses from the brain or spinal cord.

The effect of these nerve irritants depends, like that of other irritants, upon their intensity, upon the extent of surface receiving their impact, upon the susceptibility of the entire organism or of the point of application, and also upon the suddenness of the impact.

The thermal and mechanical action of water upon the circulation, respiration, temperature, tissue change, and secretions, forms the basis of all those notable therapeutic results which hydrotherapy claims. If it can be established that these pronounced effects may be obtained in health, it becomes a logical deduction that they are useful in disease, because the same laws which govern the vital processes of the organism in health in order to maintain its functions also are at work in diseased conditions, with the object of restoring the lost equilibrium.

Just as in the study of medicinal agents, their physiological action forms at once an explanation of their therapeutic effect and a guide to their application.

Modern hydrotherapy does not ask acceptance of its clinical results unless it can furnish a fairly clear *rationale* of the action of its procedures. It is the aim of these pages to lead the practitioner to the



*adoption of hydropathic methods in all those conditions in which they are therapeutically superior to medicinal agents, or in which they may become auxiliaries to the latter. This can be accomplished only by acquainting the practitioner with the principles which govern their action.*

In order to obtain a clear idea of the real therapeutic capabilities of thermic and mechanical irritation applied to the cutaneous surfaces in disease, a somewhat detailed account of our present state of knowledge of their influence upon the most important functions of the organism is necessary.

To demonstrate the latter, positive experimentation upon animals and man has been made, which will be considered under the following divisions: Influence of water applications upon: (1) Circulation. (2) Respiration. (3) Temperature. (4) Tissue change. (5) Secretion.

#### INFLUENCE OF HYDRIATIC APPLICATIONS ON THE CIRCULATION.

That system of animated hydraulics which in the living organism is comprised under the term "circulation of the blood" forms the great highway upon which the products for its maintenance and growth are conveyed, and by which the products of waste and repair incident to the performance of all functions are eliminated. It follows, therefore, that any agent which is capable of exercising even the slightest influence upon an apparatus which is destined for these important tasks must be capable of exercising in disease an analogous influence upon the organs and their functions which come under the domain of its action. The study of the mechanical and thermic action of water upon the circulation will consequently engage our deepest interest and attention. It is proposed to present under two distinct heads the physiological effects of hydropathic applications upon the circulation.

I. Effect upon the distribution of the blood and upon the blood pressure.

II. Effect upon the composition of the blood.

#### I. EFFECT OF HYDRIATIC APPLICATIONS UPON THE DISTRIBUTION OF THE BLOOD.

The effect upon the distribution of the blood and the effect upon the blood pressure will be considered together for obvious reasons. They may be subdivided, however, for purposes of furthering a clear conception of this important subject into (a) vasomotor or reflex effects, (b) mechanical or hydrostatic effects.

(a) *REFLEX EFFECTS.*—The effects of water applications upon the distribution of blood have been studied by many physiologists.

Among these Röhrig, who, as a practicing physician at Krennau, had acquired a large experience in hydrotherapy, furnishes\* an elaborate and painstaking exposition of the influence of cutaneous irritants on the circulation, which, at once convincing and practical, is applicable to the various modes of applying water to the skin.

"When the cutaneous surface of an animal is exposed to the effect of an irritant, an immediate reddening at the point of application ensues, which may pass from a simple erythema to the complete death of the part. Changes in the blood-vessels ensue, which may be observed under the microscope in the transparent web of the mesentery of the frog. When the back of the frog is pricked with a needle or pressed with a pair of pincers, a perceptible increase in the blood current is at once observed, accompanied by a feeble contraction of the arteries, and even of the veins, lasting a few seconds, when the normal rapidity of the circulation is restored, together with a return to the previous calibre of the vessel. If the irritation is more intense, the narrowing of the lumen of the vessel is more decided, only, however, yielding to an equally decided unnatural relaxation of the muscular walls of the vessel, accompanied by a positive slowing of the blood current. The normal condition following such irritation is much more slow in returning than it is after feeble irritation. The duration and intensity of these effects depend upon the intensity of the excitation. Such experiments demonstrate that *feeble cutaneous irritants enhance the normal tone of the circulatory vascular fibres of the vessels, that intense irritants permit a relaxation of the muscular fibres to follow.* The calibre becomes narrowed either during the continuance of the irritation, or, as after intense irritation, responds at once by a pronounced dilatation without preceding contraction." The latter may be regarded, according to Röhrig, as the result of fatigue from overstimulation, because the intensity and duration of the relaxation of the circular fibres corresponds not only to the intensity of the sensory irritation, but also to the intensity of the preceding contraction of the artery. In short, the nervous supply of the vessel coats displays the same property which characterizes all other nerves; *i.e., they are stimulated by feeble irritants and paralysed by intense irritants.*

"It has been clearly shown by experiments made upon frogs under the microscope that irritation of the cutaneous surface is conveyed upon reflex tracts to the vessel walls. The origin of the nervous supply of the peripheral vessels has been found in the vasomotor centre of the medulla oblongata. When the latter is irritated, the small arteries of the entire body are contracted, just as they are made to contract by simple excitation of the sensory nerves themselves. It is

\* *Die Physiologie der Haut, experimentell und kritisch bearbeitet.*



probable that all the sensory cutaneous nerves converge in the vaso-motor centre in the medulla, where they are connected with the vaso-motors of all the arteries of the body. From this central point an incessant influence goes out, acting upon the contractility of all arteries and probably with greater intensity upon the peripheral vessels. A continued tonic action is thus maintained, which produces 'arterial tone,' and partly furnishes that resistance at the periphery which is so essential in maintaining the force of the heart, and in governing the blood pressure and blood distribution. That these important factors in the circulation may be readily affected by irritation of the sensory cutaneous nerves has been illustrated by experiment. But there are deeper and more far-reaching results traceable to action upon the external surface of the body, which are of great importance in explaining the effects of thermic cutaneous irritation, and consequently also the effects of many hydropathic procedures. Maximilian Schüller's experiments on trephined rabbits\* demonstrate that the nerves supplying the vessels of the pia mater experience a steady 'tonic' excitation from the cutaneous sensory nerves. When Schüller severed single nerve trunks on one side of a trephined rabbit, he always observed an evanescent but very distinct dilatation of the pial vessels on the corresponding side. That this result was not due to pain was evident from the fact that the other side remained unchanged. This result proved clearly that the changes in the excitation referred to above, produced by thermic or mechanical irritation of the cutaneous nerves, would disturb the vascular equilibrium in the brain. Not alone the nerves supplying the vessels experience, according to Schüller, this reflex excitation going out from the cutaneous sensory nerves, but he believes that the centres for heart and respiratory movements receive it perhaps to a greater degree. Clinical observation exemplifies this effect also on man."

Goitz, also, has shown how the action of the heart may be influenced by excitation of the sensory nerves by means of reflex action. Mechanical irritation of the exposed intestines of a frog by a simple blow caused cessation of cardiac action in diastole, and this result did not follow when the reflex tracts were interrupted by destroying the medulla oblongata or by cutting the vagus nerves.

The action of the heart is, as is well known, decidedly increased in high atmospheric temperatures, while low temperatures diminish it. Roehrig has made numerous experiments of the effect produced upon cardiac activity by excitation of the sensory cutaneous nerves, all of which demonstrated that the heart muscles respond with great

\* *Deutsches Archiv für klinische Medizin*, No. 4, 1874.

† "Tonus der Gefäße," etc., in *Virchow's Archiv*, Bd. xiv.



sensitiveness to all kinds of stimulation applied to the cutaneous nerves. Feeble stimulants not only invariably modify the energy of cardiac contractions, but also increase their number, while intense cutaneous stimulants not only enhance the force of the contractions, but also reduce their frequency considerably. These effects depend not only upon the intensity of the excitation, but also upon the extent of the cutaneous surfaces irritated. Roehrig also experimented with thermic irritants. He applied a paper tube filled with ice for fifteen minutes to the inside of the ear of a rabbit, with the result that the intense cooling of the ear produced an increase of twelve to eighteen beats in the pulse. On the other hand, the application of water at  $156^{\circ}$  to  $158^{\circ}$  F. caused an immediate increase of ten to twelve beats, which was, however, followed by a decided fall, amounting to seventy beats below the normal (the normal heart beat being 150 to 170). The heart recovered slowly, after the expiration of two hours, in both experiments. Roehrig also ascertained by proper experiments that, *when intense cutaneous irritants produce considerable slowing of the heart, they also increase its force. These results are undoubtedly brought about by reflex action*, as experiments by cutting the sympathetic and vagus in different animals have demonstrated that the slowing of the pulse is due to an excitation of the pneumogastric nerve, which in extreme cases caused death by tetanic contraction of the heart. The animals died in convulsions, with gradual paling of the fundus oculi, as observed in albino rabbits, which died with open eyes. There was doubtless an interruption of the blood supply to the brain and to the spinal cord.

A direct effect upon the continuity of the vessels was formerly regarded as the only channel by which irritants produced local external hyperæmia. It was supposed that the accumulation of blood on the surface after blisters or rubefacients withdrew blood whose fluxion to internal organs was pathological, and thus proved antiphlogistic. This fallacy was exposed by the investigations of Neumann, which have become classical.

Neumann has demonstrated clearly that *the effects of external irritants upon the circulation within the body are really reflex*. He separated the head of a frog from the body, leaving them connected by the medulla oblongata only. He next severed one leg, after preventing loss of blood by tying the vessels, so as to leave it connected with the body by the sciatic nerve. Now he applied thermal, chemical, and electric stimuli to the foot of the partially severed leg, while he observed under the microscope the mesentery of the frog. Shortly after gentle irritation of the peripheral endings of the sciatic nerve in the foot, the circulation in the vascular network of the lungs

and mesentery was accelerated, and resumed the former condition slowly after the withdrawal of the irritant. A more active irritation produced retardation of the flow, and even stasis occurred, as if the heart had become temporarily paralyzed. A strong irritant produced dilatation, a feeble one constriction of the vessels. The effect of these peripheral irritations upon the heart was also noted. A strong irritation of the skin weakened its circulation; a feeble irritant strengthened it. As there was no possible vascular or nerve channel from the part irritated to the part thus visibly affected, the conclusion is inevitable that the effect is entirely reflex. Hot water acted precisely in the same manner as other irritants. Neumann continued his investigations upon warm-blooded animals and upon man with the same results, and announced his conclusions as follows:

"The effect of epispastics is essentially due to reflex action through the central organ; they exert considerable influence upon the activity of the heart and vessels.

"In proportion to the irritability of the individual, powerful continuous stimuli lessen the activity of the heart vessels and weaken contraction, the vessels becoming dilated and the circulation slower; relatively weak stimulation increases the activity of the heart and vessels, strengthens cardiac contraction, narrows the vessels, and accelerates the circulation.

"The changes produced in the body by long-continued cutaneous stimulation last a considerable time after the conclusion of the same, as a general rule; the more enduring the stimulation applied, the longer they will last, and in a healthy person will often still be perceived after the lapse of from half to three-quarters of an hour from the conclusion of the stimulation.

"The relaxation of the pulse which follows a more powerful cutaneous stimulation often attains its maximum during the stimulation, but frequently only after the conclusion of the same.

"The excitant action of a relatively weak cutaneous stimulation likewise continues for a considerable time after it has been removed, but it is finally also followed by a relaxation, only this appears much later and in a less degree than after more powerful cutaneous stimulation.

"As a consequence of stronger cutaneous stimulation, there constantly appears, mostly after a longer or shorter period of warming, a cooling down of the body, which often does not terminate until half an hour after the cessation of the stimulus.

"This period of alteration in temperature is of varying duration; cooling continues takes place during the stimulation, but as a rule only after its conclusion."

There are two modes of effecting changes in the circulation, by re-



*For* excitation from the sensory nerves, namely, one influencing the calibre of the vessel and the other acting upon the propulsive power of the heart muscle. Without entering into the details of experiments made by Berold, Ludwig, and Köhlig, it may be safely stated that the enhanced arterial pressure and rapidity of the blood stream following the narrowing of the vessels produced by weak cutaneous irritants is not induced by an increased propulsive power of the heart, because these effects are produced also when all the nerves leading to the heart are cut off. It is clear that a stasis of blood ensues in the arterioles as the result of the contraction of their terminals, and that increase of blood in them is really due to the prevention of the outflow of blood from these contracted vessels, and that this heightened pressure is not chargeable to increased activity of the heart, but secondarily to the increased resistance of the stream at the periphery.

Following the process to an extreme point we find that by intensely low temperatures the circulation in the capillaries is at first accelerated and the number of blood corpuscles diminished, when the part becomes pale. Quickly following this acceleration there is a stasis in the capillaries, while in the smaller veins and arteries the slowing of the circulation is followed by brief and rapid oscillations, which become slower and more infrequent. Slowly the vessels become more pale, less transparent, and finally the movements cease, until the vessel is blocked and occluded.

When the cold is less intense and more prolonged, there ensues a retardation of the stream in the smaller capillaries, while it becomes more active in the larger vessels, which now dilate. If, however, the application is continued, the larger vessels are also contracted and blocked. A collateral hyperæmia in neighboring parts is the result, which produces more rapid circulation in them.

It is not difficult to deduce the most important physiological changes as the result of this energetic influence of cold upon the vessels, as will appear farther on.

To summarize: "Weak cutaneous irritants produce a narrowing of the small arterioles, with a rise of pressure, in consequence of which, by the intensifying of the resistance at the periphery, the heart is made to contract more vigorously. Intense cutaneous irritants, on the contrary, fatigue and paralyze the normally existing innervation of the blood-vessels which emanates from the medulla oblongata. These produce a relaxation and dilatation of the peripheral arteries with diminution of pressure, but at the same time the inhibitory action of the pneumogastric is enhanced, producing a slowing and intensifying of cardiac contraction, which may, when excessive, even produce death by vagus tetanus."



The important functions resulting from irritation of the sensory nerves in the skin should be carefully borne in mind, since they possess great practical significance in many hydropathic procedures, whose aim it really is to produce *thermic irritations* in varying degrees. The degree of heat or cold in any hydropathic procedure, the amount of pressure with which it is delivered, the previous condition of the patient, whether, for instance, his skin is in an ordinary condition or has just emerged from an air bath of 150° F., or comes from a room containing air at the ordinary temperature; whether the temperature of the douche is suddenly or gradually lowered—all these modify the thermic and mechanical irritation of the sensory nerve terminals. The effects produced by them depend upon the principles demonstrated by the experiments of Köhlig and Naumann, here detailed, and which have been abundantly confirmed by others.

(b) **HYDROSTATIC EFFECTS.**—That the effect of hydropathic applications upon the distribution of blood is not reflex only but to a certain extent also hydrostatic is clearly demonstrated by the experiments of Maximilian Schüller,\* who trephined rabbits, carefully exposing to view the vessels of the pia mater, without disturbing the dura, which by its transparency facilitated his observation. He carefully noted the normal circulation of these vessels, and ascertained that even simple pressure upon the belly produced dilatation of the veins, and sometimes also of the arteries, probably through mechanical interruption of the venous return flow. When he applied pieces of ice upon the dura mater, he observed very energetic contraction of the veins and arteries of the pia, which continued half a minute even after removal of the ice. The most interesting observation, however, was that when he placed cold wet compresses upon the belly of the rabbit the vessels of the pia mater invariably dilated, cerebral pulsation became more pronounced and slower, and respiration was deepened and slowed. These phenomena continued a short time after removal of the compresses, and they were followed by transient narrowing and a return to the normal caliber. When warm compresses were applied, the arteries and veins of the pia mater contracted, the pulsations became less pronounced and more frequent, and respiration more shallow and rapid.

By changing the temperature of the compresses these changes were more or less rapidly produced. A very hot compress produced the same effect as a cold compress. These manifestations were also observed, but with more pronounced effect, after immersion of the entire body into cold or hot water; the effect being exactly in the proportion to the extent of surface immersed. After a prolonged immersion in cold water a narrowing of the vessels and sinking of the brain sub-

\* *Deutsches Archiv für Klinische Medizin*, xlv.

stances caused, due, doubtless to the reduction of temperature in the circulating blood, which approximated in effect to that produced by local ice application. The vessels of the ear also participated in this effect. Immersion in warm water produced a transient dilatation, which was followed by a vigorous narrowing of the vessels and sinking of the brain substance. The cerebral movements became at first accelerated, afterward slower and more shallow, finally becoming more rapid, when the temperature of the water was elevated.

Immersion into very hot baths produced effects similar to hot compresses, but of greater intensity and duration.

Under either the cold or the warm douche the cerebral circulation did not vary greatly.

Cold rectal enemas always produced a moderate dilatation of the cerebral vessels.

Schüller has placed hydrotherapy under lasting obligations by the pains taken in his observations.

The great importance of his experiments and of his deductions warrants the writer in presenting them in detail, inasmuch as the clear expositions furnished by Schüller supply, if they are interpreted logically and without prejudice, a clear to many unapprehended phenomena in hydrotherapy.

From all his experiments, Schüller regards it as undoubtedly established that the changes referred to as taking place in the vessels of the pia and in the fulness of the brain during and in consequence of the varied applications of water, and which have been shown to be always constant in a very large number of animals, may be positively accepted as the true expression of changed physiological relations. The occurrence of the characteristic changes in curarized animals also must set aside every objection to their being accidental. Indeed, it may be regarded as proved that *a causal connection certainly exists between the various external applications of water and the typical changes in the vessels of the pia.*

In explaining these results, that is, the dilatation of the pial vessels by cold applications to the surface of the animal and their narrowing by warm-water applications, the first thought would be, according to the usual ideas, that they arise from an influence of the thermal irritation upon the nerves of the vessels or upon the vessels of the nerve centres. But Schüller's experiments in irritating the nerves themselves, have shown that such effects differ entirely from those obtained in the original experiment. When he placed a piece of sponge saturated in water of 9° R. (52° F.) upon the trunk of a cutaneous nerve a transient narrowing of the vessels of the pia occurred, while a compress of the same temperature placed upon the belly or back of the



animal always produced a prolonged and decided dilatation. The application of water at 39° R. (99.5 F.) upon the cutaneous nerve trunk produced widening of the vessels, while the same applied upon the general skin produced narrowing. Therefore thermal irritation of the sensory cutaneous nerve trunks produced changes in the vessels of the pia directly opposite to those applied upon the skin in general. Hence the typical changes of the vessels of the pia after applications of water to the periphery cannot be ascribed exclusively to reflex excitation from the cutaneous nerves.

Moreover, compresses of varied temperatures always produced decided changes in the blood pressure; namely, cold water produced a strong rise of blood pressure in the carotid, warm-water applications a relative sinking of the same. This positively ascertained fact cannot be reconciled with the idea of an essentially reflex influencing of the pial vessels by water applications; for if the latter were accepted we should be forced to explain the widening of the pial vessels following cold-water application upon the skin by a reflex paralysis of the vasomotor nerves of the brain. Inasmuch, however, as paralysis of vasomotor nerves or of the vasomotor centre is always connected with a decided fall of pressure in the arteries, while on the other hand cold-water applications are constantly followed by a rise of blood pressure, this simultaneously occurring dilatation of the pial vessels can in no way be attributed to a reflex paralysis of the vasomotor nerves.

These apparently irreconcilable contradictions, that is, the dilating of the pial vessels under cold-applications upon the skin and their narrowing when the applications are made upon the sensory nerve trunks, as also the rise of blood pressure with simultaneous dilatation of the pial vessels and of the vessels of the ear, may be very readily explained in a satisfactory manner if we assume that the cold-water application upon the skin produces contraction of its peripheral vessels in consequence of which the remaining vessels of the body are filled with more blood. Moreover, inasmuch as every interference with the blood flow (in this instance the large area of capillaries in the skin) raises the tension of the arteries behind it, we have herein also an explanation of the rise of blood pressure. The fact that during the full bath the filling of the pial vessels increased according to the dimensions of the part of the animal which was dipped into cold water, and the fact that the vessels of the ear also filled more completely when the ears were kept out of the water, and, finally, that the dilatation of the pial vessels increased still more when the ears were also dipped into the water, taken in connection with the above-mentioned observations, point to but one explanation, namely, that the cause of the dilatation of the pial vessels under cold-water applications is to be found in a retrostasis



of the blood into the interior consequent upon the narrowing of the vascular area of the skin. A similar explanation of the narrowing of the pial vessels under warm-water applications is justified, namely, that the relaxation and consequent filling of the cutaneous vessels are followed by a simultaneous diminution of fulness in the remaining vascular area, consequently also in the vessels of the brain. The relative reduction of the blood pressure agrees with this explanation, because the brief initial rise of pressure may be explained by the increased rapidity of the heart's action.

Schüller does not deny that there is an influence upon the nerves under these applications. On the contrary, he regards it as indubitable that the cutaneous nerve terminals are affected in the same way by thermic influences as the cutaneous vessels, and that it is very probable that these nerve filaments are affected in the same way as their trunks; namely, that cold applications arouse reflex narrowing, warm applications reflex dilatation of the pial vessels. This seemingly contradictory effect must undoubtedly limit the characteristic changes of the pial vessels when water is applied to the skin, and to it is probably attributable the rapidly changing alternation of calibre in the pial vessels observed in the beginning of the water application before the characteristic dilatation or narrowing ensues. In other words, Schüller believes that in the beginning of the application the pial vessels are affected by reflex irritation from the cutaneous nerves, and that the real effect upon the pial vessels occurs only when the thermic influence upon the cutaneous vessels has gained the ascendancy.

The fact that cutting the cervical portion of the spinal cord prevented the occurrence of any effect upon the pial vessels under water applications does not weigh against the assumption that we have here to deal with a hydrostatic effect. After the section of the cord not only is there an interruption of reflexes from peripheral thermic irritations upon the nerves supplying the pial vessels, but the tone of all the muscular coats of the vessels is essentially destroyed; consequently, also, that of the cutaneous vessels. Under these conditions no effect whatever can be produced upon the distribution of the blood under water applications; indeed, the blood of the entire body remains in a positive equilibrium, because none of the vessels respond on account of loss of tone.

The action of the heart and the respiratory movements which influence the circulation of the brain more or less in ordinary conditions are of little importance in this connection. Schüller found that after section of the vagus, the pial vessels were not quite so full; but the typical changes resulting from water applications ensued just as plainly as when the vagus was intact.

Schüller summarizes the characteristic action upon the pial vessels by water applications as follows:

These changes are due essentially to the increased or diminished afflux of blood to the pial vessels in consequence of the narrowing or dilatation of the peripheral vessels in the skin.

The movements of the heart and respiration are only indirectly concerned; they sometimes further or limit these changes.

The reflex influences of the thermic irritation of the cutaneous nerves upon the pial vessels are of subordinate importance (in the procedure used by Schüller [*author*]); if they produce any effect they probably limit these manifestations.

*Secondary Effects of Water Applications.*—The experiments of Schüller further show that the effects described as arising from cold and warm external applications do not continue if the latter are prolonged. These effects last only two to three minutes after compresses, five to ten minutes after baths. In general they are of shorter duration after cold than after warm applications. Frequent repetition of the application does not change the effect. It occasionally increases it after cold applications, but shortens its duration. After the above period, whether the application be discontinued or prolonged, Schüller observed constant changes of the vessel calibre, *which are the reverse of the initial changes*; if the pial vessels were dilated by cold applications, they now become contracted, and *vice versa*. When the application is interrupted after short duration, the vessels assume their normal character; when the application is continued very long, the constriction mostly increases. Schüller's observations demonstrate without doubt that in these secondary changes in the pial vessels opposite conditions prevail in a minor degree; viz., that the cutaneous vessels fill after cessation of or upon continuation of the cold. Schüller claims that when the application is of long duration, the relatively intense cooling of the blood conduces to prolonged narrowing of the pial vessels; cooler blood circulating in the pial vessels causes contraction of their coats, especially after full baths, which effect is more pronounced in infants because their surface is relatively larger than their mass. The secondary effect upon the pial vessels produced by warm-water application may be explained in a similar manner. When the bath is prolonged the blood flows, owing to diminished heat dissipation, at a relatively higher temperature to the pial vessels, and produces dilatation of the previously contracted vessels, by reason of paralysis of the vasomotor nerves of the cerebral vessels. If the warm application be discontinued, the cutaneous vessels are again narrowed, and the blood is again driven in larger quantities to the pial vessels, hence we have dilatation, which gradually comes as the blood distribution becomes equalized. Schüller holds that this is the explanation



of the dilatation ensuing upon cessation of the warm-water application, because, if cold water be applied immediately afterward, the dilatation is increased by reason of increase of the contraction of the cutaneous vessels, a larger quantity of blood being thus driven from the capillary area of the skin to the internal organs.

These explanations of the contrary secondary effects of water application, made by Schüller, do not appear quite satisfactory to the author. I believe that Schüller's original explanation that the primary effect is chiefly hydrostatic also holds in the *reticence* of these opposite secondary effects. Indeed the latter add proof to the hydrostatic action which would not have escaped Schüller had he been familiar with hydrotherapy. That "these effects last only two or three minutes after compresses, five to ten minutes after baths" is readily accounted for by the fact that after the compress has by narrowing the capillary area beneath it driven the blood into the interior vessels, reaction ensues, the arterioles become distended under the lightened pressure and blood flows more rapidly into the previously anastomosed capillaries, dilating them beyond their former calibre (in the human subject this is evidenced by reddening of the skin). This hyperæmia in the cutaneous vessels gives rise to the diminution of the calibre of the pial vessels—a hydrostatic effect in precise imitation of a warm compress. If the low temperature of the skin is maintained, reaction ensues "after a lapse of five to ten minutes," the cutaneous vessels fill and the pial vessels contract.

When warm applications to the skin are followed by contraction of the pial vessels, and this ceases with cessation of the application, the vessels returning, as Schüller shows, to the normal, I believe that a rational explanation may be found in the fact that when the skin is exposed after the warm application to the temperature of the air, which is always much below that of a warm-water application, the cutaneous vessels contract by reason of this change of temperature until they reach a normal calibre. Hence the pial vessels also assume a normal calibre. Schüller's observation that prolonged maintenance of the temperature of the warm application produces an increasing constriction of the pial vessels may be explained by the complete relaxation of the cutaneous vessels, producing a passive condition which admits much more blood than it did at first.

Schüller justly claims that his investigations made by experiments on animals must prove of great value in the practical conception of the effect of water applications in man, and that if they can be applied to the human organism they will tend to modify or overthrow certain indefinite ideas upon the subject, and substitute these more positive ones. That the results of these experiments are applicable to the human organism also admits of no doubt. Although the anatomical



structure of the skin and the relation of the cutaneous nerves to the central nervous system in man differ from those of the rabbit, the effect of water applications is modified only to a slight extent. The effect is the same. Indeed, the conditions are even more favorable in man, because his skin and cellular tissue are supplied with more blood-vessels, a more active muscular structure, and more abundant lymph vessels with muscular walls. The constricting effect of cold upon the superficial veins must also be reckoned with. It is singular that this fact is not referred to by even the most conscientious students of this important phase of hydrotherapy. I desire, therefore, to emphasize here the anatomical fact that the anastomosis of the superficial veins, especially of the lower extremities, is fairly well developed,\* and that "flattened and circular muscular cells exist in the valves." Schlesinger† has observed "that pathologically dilated veins in the lower extremities may be converted into cords by intense cold applications."

The local temperature effect is intensified by the presence of smooth muscular fibres in the corium, which enables the skin to respond more readily to cold applications. If the effect upon this large abundantly anastomosing network of cutaneous vessels is taken into consideration, it may easily be conceived how contractions by cold and relaxations by warmth conveyed to it by water may induce considerable fluctuations in the blood supply of the remaining vascular system. The effect of cold and warm baths upon the nervous system has too often been noted to require to be cited in evidence of this proposition.

The observations of Schüller detailed above have been confirmed in man by Dr. Vissj, who utilized for this purpose a man who had lost a portion of his cranium through a severe injury. Vissj presented his observations to the Fourth Italian Congress for Hydrology, held at Florence on the 21st of November, 1892, stating that they entirely corroborated the results obtained by Schüller in animals.

From these simple explanations it becomes clearly evident then, while the local influence of warmer or cooler blood upon the part reaches themselves may have a share in the opposite secondary effects referred to, the hydrostatic principle holds here also.

I have dwelt so fully upon this point because the explanations here offered afford, as will be shown later, a clue to many obscure effects of hydrotherapeutic procedures.

*Distant-Moist-Loss of Antagonism.*—Physiologists have long recognized a "certain antagonism" between the external and internal vessels, especially those controlled by the splanchnic.

*Increase of Volume Shown by the Plethysmograph.*—By his original

\* Huter, Böhm, and Davidoff: "Textbook of Histology."

† Wiener klinische Wochenschrift, 1896, p. 52.

and interesting experiments with the plethysmograph, Winternitz\* has demonstrated the hydrostatic effect of hydropathic applications. He placed a man into an empty hip-bath tub, and covered him with a woolen blanket, his left arm being introduced into the glass cylinder of the instrument. The apparatus and manometer were filled with water of the body temperature, and connected with the registering apparatus. After the lapse of some time the tub was rapidly filled with water at 50° F. The cold water produced the usual effect upon the pulse and respiration. The curve produced (as shown in Fig. 1) was registered during the whole time without interruption. It showed an



FIG. 1.—Volume Curve of the Right Arm before and after a Hip Bath of 50° F. (From Winternitz.)

even outline so long as the tub was empty. So soon as the water was poured in, as shown at *a*, the curve rose perpendicularly. The volume of the arm must, therefore, have increased, because the water used must have been driven into the manometer. This effect continued for eighteen to twenty seconds, and the line dropped slightly during the following twenty to thirty seconds, but it did not reach the former

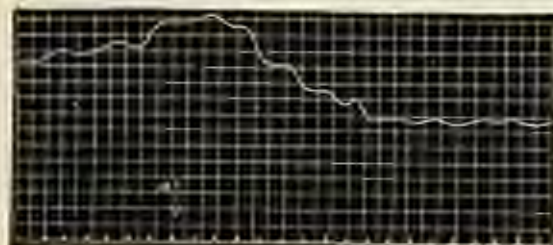


FIG. 2.—Volume Curve of the Right Arm before and during a Hip Bath of 100° F. (From Winternitz.) Duration, 100 seconds.

level. The explanation of this result can be found only in the local excitation of the sensory nerve endings by the cold, and the reflex effects thus aroused in the vaso-motors of the cutaneous vessels.

The author is inclined to explain the narrowing of the capillary network by contraction of the skin muscles under the direct influence of cold prevents afflux of blood to the large vasculature. This is more a hydrostatic than a vasomotor action. Hence a large quantity of blood must have

\* "Die Hydrotherapie auf physiologischer und klinischer Grundlage," 1890.



entered the remaining vascular areas of the body, *increasing their volume*. Winternitz claims that in the cold hip bath the vessels of the abdominal organs are chiefly contracted, and that the blood driven from them fills other parts of the body, including the arms.

In another observation on a man twenty years of age, the same experiment was made with water at 110° F., with the result shown in the curve (Fig. 2).

This experiment confirmed those of Schaller, who found a brief contraction of the cutaneous vessels, followed by their dilatation, evoked by the relaxing effect of the warm water. As a result, there was an afflux of blood to the part, compensated by diminished blood supply in other parts, which was demonstrated by increase in the volume of the arms.

Ottfried Müller, who has made some valuable and apparently reliable investigations\* on the distribution of blood under the influence of thermic irritants, claims that these experiments of Winternitz are too brief, hence technically imperfect to separate the influence on the sensory terminals from that on the vascular supply. Nevertheless he found that the effect of the thermic excitation of the peripheral blood-vessels is doubtless a narrowing under cold and widening under warm applications. Müller affirms the antagonism of the inner and external vessels. That the vessels of the brain and intestines act inversely is demonstrated by an ingenious method of weighing as well as by ophthalmoscopic examinations of the fundus oculi.

That contradictory statements regarding the more delicate and minute effects of water on the organism may be easily reconciled by judicious sifting of the evidence is illustrated here. So conscientious an observer as Mathes contradicts Schaller's and Mueller's deductions and cites the observations of Klapp in support of his sceptical attitude. Klapp found that rabbits which had been subjected to an application of hot air to the abdomen, presented a dilated condition of the peripheral vessels. There is no similarity between Schaller's and Klapp's experiments; the former were made with warm, not hot, water and the observations were made *during* the bath, while the latter were made with hot air *before* and *after* removal from it. Difference in technique results in different findings in physiological as in therapeutic observations. Many contradictory statements on the latter may be explained in this way.

That there is no contradiction involved in the conclusions of Nannmann, Boelzig, and Schüller will be demonstrated by the effects of various procedures. Baths and other procedures without mechanical

\* Deutsches Archiv f. Klinische Medizin, 1903.

† Optiz (Journal f. Exper. Med., Jan., 1906) has clearly demonstrated this difference.



excitation, when applied to large portions of the body, doubtless have an hydrostatic effect, while *douches*, which impinge on limited portions, and are combined with mechanical effects, act chiefly by reflex influence. This demonstrates the great flexibility of water as a remedial agent.

**BLOOD PRESSURE.**—An important result of thermic applications to the periphery is obtained in their effect upon parts not directly in contact with them. Since the impulse conveyed by the heart to the blood stream continues unaltered, the contraction and subsequent dilatation of the parts in immediate contact induce certain changes by which vascular accommodation is accomplished.

If the blood is driven out of the narrowed vessels, it finds entrance into the collateral circulation. As a result we have collateral hyperemia accompanied by increased tension in the general circulation.

The application of cold to the cutaneous surface, like that of other irritants, even if it be followed by dilatation of the cutaneous vessels, causes an increase of blood pressure. The compression of the arterial capillaries induces primarily an acceleration of the blood stream from the arteries to the veins. The return of the blood into the venous system must be accelerated by this increased *vis a tergo*. The deepening of the respiration which also results from the external impact of cold, and which will be referred to below, increases the rapidity of the circulation in the small vessels, and induces an increased and accelerated return flow of blood into the left auricle, a slower and more vigorous systole, and more active filling of the arterial system, which in the cutaneous arterioles is limited by the muscular and elastic fibres surrounding them.

O. Müller\* reports from the Leipzig clinic the result of two thousand blood-pressure measurements, concluding that: 1. The influence of all baths, not in motion, upon blood pressure is due to the thermic excitation, which, given below the average temperature of the cutaneous surface, produces increased blood pressure of typical curve during the entire bath, with diminution of the pulse rate, which is decidedly influenced by lowering the bath temperature. 2. Baths above the cutaneous temperature, up to 40° C. (104° F.) produce at first a brief rise, afterward diminution below the normal pressure, which again rises; the pulse rate is diminished until 38° C. (100° F.) is reached, then increased. 3. Baths above 40° C. increase persistently the blood pressure, as do cold baths, with increase of pulse rate. Return to normal blood pressure ensues after all in from one-half to two hours, frequently reaching a subnormal degree. 4. In baths involving active motion (half baths and wave baths) the mechanical excitation exercises the chief influence, so that in douches its action is pre-

\*Congress of Internal Medicine, 1902.

ment and independent of temperature, increasing blood pressure, which, however, is not so enduring.

It is to be regretted that this author visited to state the duration of the bath, which, as has been shown, exerts a material influence upon the immediate and remote effects of baths. Strassburger\* confirms Muller's results. His observations show three stages in the blood pressure—rise, fall, and rise. The colder the bath the more pronounced was the initial rise; the hotter, the more pronounced was the final rise. In the hot bath the pressure was maintained, in the warm bath the fall was deepest. Baths near the neutral point (90° F.) appeared to regulate blood pressure. Strassburger regards the curve of the blood pressure in baths of 40° C. (104° F.) due to the condition of the vascular tone; in the cold bath the primary rise of blood pressure due to contraction of the vessels, the secondary reduction the result of dilatation (reaction); the rise of pressure at the close of the hot bath, on the contrary, the result of increased cardiac labor.

The sphygmograph demonstrates that the dilatation of the peripheral vessels which ensues upon reaction is not accompanied by a loss of tone and is not passive. This is confirmed by the opposite effect which vapor baths produce upon sphygmographic tracings. These show plainly a reduction of tone, diminished tension, and great diastolic.

It must be accepted as a clinically demonstrated fact, for which a physiological explanation, as we shall show, is not wanting, that cold enhances the "tone" of the entire circulatory apparatus, while warmth diminishes this tone. Following the former there ensues an increased flow of blood, with the vessels under heightened tension, while after warm applications the vessels are relaxed, their walls dilated, owing probably, to a diminution in their elasticity. That these must sooner or later produce a hyperemia is evident. It is important to distinguish these physiological differences between cold and warm applications, because we obtain quite distinct and differing effects from hyperemia produced by heat and cold.

The subjoined tracings are offered as a graphic illustration of the effect of cold and heat upon the pulse in ordinary conditions.† They were made in the course of an experiment to demonstrate that the effect of the Nauheim baths depended as much upon the temperature of the water as upon the CO<sub>2</sub> it contained, although the latter doubtless exerts a specific and very important action upon the peripheral vessels and cardiac action. My published‡ observations have been confirmed by the extensive investigations of Olfried Miller (*loc. cit.*), who

\*Deutsches Archiv f. klin. Med., 1903, Bd. 81.

†"The Practical Application of Hydrotherapy," Clinical lecture delivered at the German Hospital, Philadelphia, by Simon Baruch, M.D., "International Clinics," vol. II, seventh series.

‡"Hare's System of Therapeutics," article Mineral Springs, vol. I.

used two series of baths—one series with increasing  $\text{CO}_2$  contents and of the same temperature, and another with increasing temperatures and decreasing  $\text{CO}_2$  contents. While pulse rate and blood pressure are somewhat influenced by the Nauheim baths, the temperature of the latter was far more influential than its chemical ingredients.

The first tracing (Fig. 3) is from a nurse who had been smoking excessively all day and did not realize that he was in an abnormal condition. It represents a pulse of low tension, considerable diastolic, small tidal wave showing feeble ventricular contraction, indicated by a slanting and low up stroke, and a somewhat obtuse percussion wave. Pulse, 90; respiration, 18; temperature,  $98.4^\circ \text{F}$ . After

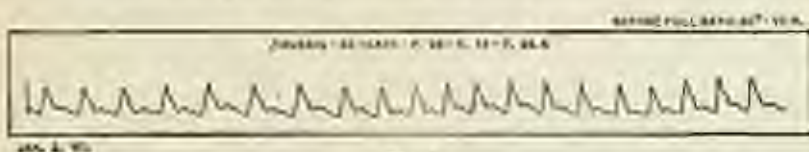


FIG. 3.

being subjected to a full bath of  $86^\circ$  there is a pronounced change in this pulse, as shown in Fig. 4. We find now an improved tension, marked tidal wave, very moderate (normal) diastolic, good ventricular contraction as indicated by the quick vertical up stroke and acute percussion wave. Pulse, 72; respiration, 21; temperature,  $98.6^\circ \text{F}$ .

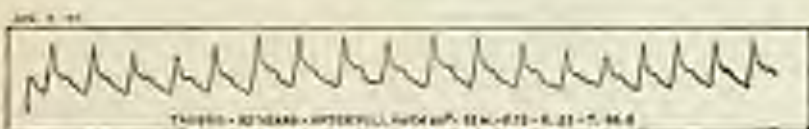


FIG. 4.

Fig. 5 shows the pulse tracings of the same man on the following day, he having not smoked at all. Pulse, 70; temperature,  $98.4^\circ \text{F}$ . He now received a perspiration bath.

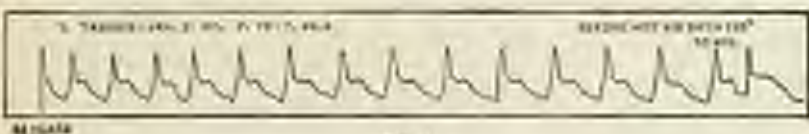


FIG. 5.

Fig. 6 shows pulse tracings of the same subject taken while he was perspiring in an air bath of  $180^\circ \text{F}$ . for ten minutes. Pulse, 100; temperature,  $99.2^\circ \text{F}$ ; respiration, 24. There is distinct evidence of weak-



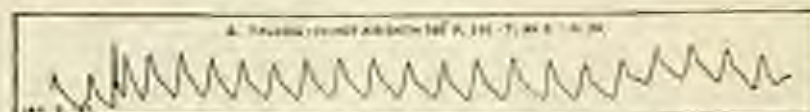


FIG. 6.

ened ventricular contraction, shown by absence of tidal wave and obtuse percussion wave. He is now subjected to a rain bath.

Fig. 7 shows pulse tracings of the same subject, taken after a rain

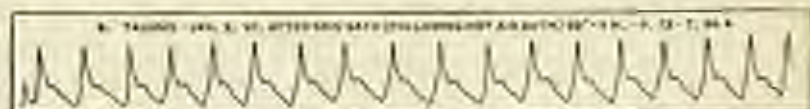


FIG. 7.

bath (following the above hot-air bath) of 30° F., one minute. Pulse is now 72; temperature, 98.4° F.

There is decided improvement in the ventricular contraction, evidenced by high and quick up stroke, a very acute percussion wave, and marked tidal wave.

In another nurse, Victor H— (Fig. 8), the same result is shown. (The blood-cell estimate made with Daland's hemathokrit was, before the hot-air bath, with pulse of 70 and respiration of 20, 4,500,000 red and 8,500 white corpuscles). Immediately after the hot-air bath (ten

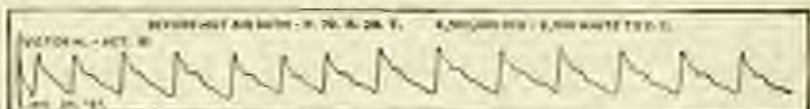


FIG. 8.

minutes) pulse was 86; respiration, 16; temperature, 99.5° F. (Figs. 8 and 9).

After the jet douche for five seconds, following this hot-air bath,

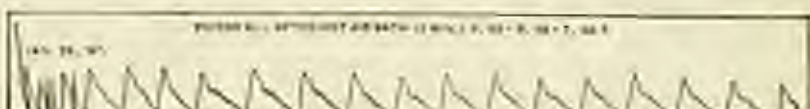


FIG. 9.

the pulse was 72; respiration, 20 and deep; temperature, 99° F.; (blood estimate, 5,200,000 red and 10,000 white corpuscles).

Surely there is no medicinal agent which produces such changes

when administered in ordinary medicinal doses, and none the effects of which have been more clearly and scientifically demonstrated than the simple experiments made on healthy individuals with absolutely harmless water applications here clearly show.

What explanation can be offered for this difference between the effect of cold and warm applications?

There has been much disputation over the apparently contradictory clinical fact that both heat and cold produce hyperæmia, but that the former is passive, *i.e.*, accompanied by loss of "tone," while the latter is active, *i.e.*, manifested by increased tone. Like many other apparently contradictory points in hydrotherapy, this dispute is really based upon an erroneous premise. It is assumed that because arteries cannot dilate without loss of tone, the cutaneous capillaries, which are filled by the reaction after cold procedures, cannot dilate without loss of "tone." This argument would indeed be terrible if it were not based upon erroneous premises. The cutaneous capillaries do not depend as do arteries upon a muscular coat for their tone. It is an anatomical fact that the muscular fibres and elastic structures within the skin fulfil all the functions of a muscular coat to the cutaneous capillaries without being structurally united with them. That this viscous muscular coat is very sensitive to temperature changes is evidenced by the contraction of the digits under cold and its relaxation under warmth. To speak of the "tone" or tension (*Wandspannung*) of these cutaneous vessels is to credit them with functions they do not possess; for they derive their "tone" only from the condition of the muscular and elastic web surrounding them. The ruddy appearance of the skin after a cold compress, and its ashen appearance after a poultice, illustrate this proposition better than the most ingenious laboratory experiment. The "tone" imparted to the entire vascular system by the application of cold to the cutaneous surface, as shown above, is due to the physiologic law that muscular fibres never remain in a constant state of contraction. So soon as the cold is removed, the cutaneous muscular fibres begin to resume their normal status; the blood, which has been driven out of the cutaneous vessels by the constricting action of cold, is slowly replaced; the capillaries are thus distended as far as the resistance of the contracted muscular and elastic fibres of the skin permits. So long as this contracted state of the cutaneous structures continues, the hyperæmia remains "tonic," *i.e.*, is not accompanied by relaxation. On the contrary, it is *sustained* by the enhanced cardiac energy incident to judicious cold procedures.

When these anatomical and physiological facts are considered in connection with the remarkable observations of Bier, the rationale of

the influence of cold applications on the cutaneous circulation becomes more clear. Bier\* claims that this hyperæmia is not dependent upon the cardiac action if it follows a previous emptying of the vessel by a constricting agent, and that such a hyperæmia is not alike in all organs, also that the vessels, or, as he puts it, the tissues, constricted possess the faculty of selecting arterial in preference to venous blood, when the constriction is removed. Bier almost suffocated a pig after applying an Eschmarch bandage to a leg, and he found that on removal of the bandage no blood laden with CO<sub>2</sub> was seen; only bright blood issued from it. He concluded after numerous experiments, which have become the basis of his novel and efficient hyperæmia treatment, that the same tissue which attracts arterial blood with acuity defends itself against the flow of venous blood, thus manifesting a capacity for selection between arterial and venous blood. "Clearly the reactive hyperæmia arises from great diminution of resistance in the small vessels, as well as in all other tissues, whose elastic tension has probably been weakened by the removal of blood. . . . Although this occurs independent of the central nervous system, we may assume with Golz that there exist ganglia in all vessels, which, though not yet demonstrated, may act both as paralyzers of the vasoconstrictors and exoters of the vasodilators. Experience would favor the latter, for the so-called reactive hyperæmia is among the most intense hyperæmias observed, and it is a well-known fact that the most intense congestions arise from excitation of the vasodilator nerves, as is noted in the erector penis," etc. Bier terms this self-regulation of the blood supply in the capillaries the *blood-sense*. The latter, he claims, has a function analogous to the ordinary sense (of pain especially), viz., to protect external parts against destruction, to readjust quickly and surely all possible disturbances produced by external injuries, pressure, etc. He regards the "blood-sense" in civilized man as degenerated, when compared to that of primitive man—the African, or to undomesticated animals. The vessels not only resume their normal size, but even are dilated beyond it, so that more blood is received by them—a reaction which is of immense import because the resulting hyperæmia is chiefly arterial.

Ritter† confirms Bier's view that this active arterial hyperæmia resulting in joints relieved of artificial anæmia is independent of systemic influences, i.e., purely local and therefore a function of the cutaneous vessels proper. Some facts cited by Ritter are extremely interesting to the hydrotherapist. Ritter frices a spot on the arm with ethyl chloride, and after permitting it to thaw and react with bright redness (arterial hyperæmia)—a condition which Ritter regards physi-

\* "Die Hyperæmie als Heilmittel."

† *Mittheilungen aus den Genuropätheten*, etc., 1903.



ologically analogous to inflammatory hyperæmia—he constricted the arm above this spot with an elastic bandage, as Bier does in his Stainings-hyperæmia. The result was that the entire arm assumed a dark blue hue, but the thawed spot remained bright red. Ritter reversed the process by first producing stasis in the arm, with cyanotic discoloration, and afterward freezing and thawing a spot, with the result of the latter becoming bright red and remaining so while the arm continued bluish. These experiments certainly demonstrate the capacity of the vessels to attract arterial blood under the most unfavorable conditions even, and to defend themselves against intrusion of venous blood.

The correctness of this view has not been established, but the facts have been verified by the author and others. Another plausible explanation may be found in the physiological fact that after a part has been suddenly rendered anæmic, its restoration to normal condition is hastened by an increase of 5 to 5 times in the rapidity of its circulation.

• When blood is driven out of the cutaneous vessels by the constricting effect of cold upon the skin muscles, we have an imitation of the Bier experiment in a milder form—a *thromb* instead of a mechanical constriction and subsequent arterial dilatation.

When, as occurs in the application of cold to a considerable area, there is added to the *vis a fronte* (of Bier) the *vis a tergo* aroused by the reflex effect of cold upon the cardiac muscle aided by the enhancement of vasomotor action arising from the resistance at the periphery above referred to, only the most captious critic would fail to arrive at the conclusion that there cannot exist a hyperæmia of the arterial capillaries and probably also of the smallest arterioles without loss of tone. For, as the arterial blood flows and ebb in rhythmic unison with the ventricular contractions, the muscular fibres and elastic structure of the skin must hold the immense network of cutaneous capillaries in their tonic grasp, as it were, and thus maintain that resistance at the periphery which is essential to the maintenance of vascular tone.

A judicial and unbiased review of these briefly stated anatomical and physiological facts brings out clearly the erroneous premises upon which the contention of those is based who would hold that it is impossible to obtain a "tonic" dilatation of the large vascular supply of the skin, because an increase of tone in an artery is inconsistent with its dilatation. It has been shown above that the conditions are not the same and that therefore the contention of Windermitz, based upon an immense clinical experience, that cold procedures, judiciously applied, are followed by an active hyperæmia (tonic dilatation) has an absolute rational basis.

*Effect of Heat.*—During the application of heat that may be tolerated without discomfort (under  $104^{\circ}$  F.), the blood-vessels of the skin are distended, because the muscular and elastic structures of the skin are relaxed, as is evidenced by its soft, succulent, and swollen aspect. There is little if any previous anæsthesia, and therefore no afflux of arterial blood, as is the case after cold procedures; the blood meets no resistance and flows passively into the cutaneous vessels until they are turgid. Moreover, the reflex stimulation of the heart which follows a judicious cold application is here absent, as is also the increased supply of arterial blood to the muscular structures which maintain the "tone" of the cutaneous vessels. The dusky hue of the skin under a warm application would indicate a preponderance of venous over arterial blood. There being a relaxation of the cutaneous vessels, the vasomotor tone is reduced and the ventricular contractions are enfeebled (passive hyperæmia), demanding an increase in the number to compensate for the loss of force. The "tone" of the entire vascular system is lowered. Anæmia of the brain adds its damaging effects as is evidenced by faintness during a prolonged bath. The individual "bleeds" into the dilated and passive cutaneous vessels. A bath of a temperature above  $104^{\circ}$  F., on the other hand, produces a primary contraction of the cutaneous vessels, just as does a cold bath. If the application be brief, the blood pressure rises and the effect on the circulation resembles that of a cold procedure. The secondary effect, however, is quite different. The slowly cooling skin which retains heat for a considerable time is relaxed and the cutaneous vessels do no longer feel the support of the muscular fibres; to this relaxation is added the general enfeeblement due to the absence of refreshment and reflex stimulation which is so pronounced after cold applications.

## II. EFFECT OF HYDRIATIC APPLICATIONS UPON THE COMPOSITION OF THE BLOOD.

*I. Changes in the Corporcular Elements of the Blood.*—The observations of Professor Winternitz\* on this subject are of great interest. Dr. Winternitz investigated the number and relative proportions of red and white blood cells in the blood before and after cold applications, and found that there is a considerable change in their ratio after these procedures.

This change consists in the fact that while a white cell is accompanied by from four hundred to eight hundred red cells before a cold ap-

\* *Blätter für klinische Hydrotherapie*, February, 1891.

plication, after such treatment the number of white cells is increased from two to three times. These observations were made in healthy as well as in diseased subjects.

These experiments are not conclusive in all directions. He states that this increase of leucocytes continues one-half hour after the bath. Its duration could not be ascertained with exactness, but in several cases it was observed two hours later.

Winternitz regarded this as the only observation of this kind until he learned that Professor Rovighi had presented the results of similar experiments to the International Congress at Rome. These were made upon rabbits and men, and demonstrated that heat diminished the number of the leucocytes in dogs two-thirds, and that cold doubled their number.

The diminution in the size of the spleen and the increase in blood pressure and tone of vessels after cold application to the body surface have been proven for some time. Is it not possible, asks Winternitz, that the leucocytes may thus be driven forth into the blood current in increased number from spleen and liver and bone marrow?

Dr. William Sydney Thayer, of Johns Hopkins University at Baltimore, claims that these observations confirm his own results from experiments made upon himself. He took a bath of 70° F., of twenty minutes' duration, which was followed by pleasant reaction, without shivering, the skin being red and warm. The blood cells were counted immediately before the bath, and again fifteen minutes later, with the result of 10,333 leucocytes before and 12,333 after the bath.

Further investigations were made by Dr. Alex Strasser,\* by request of Professor Winternitz. The blood was taken from individuals before rising, hence before taking food, and again at different periods following the hydropathic procedure. Examinations were made with care, and controlled so as to exclude error, as far as possible. Fleischl's hemometer with 0.6 salt solution was used for hemoglobin measurement, and the Thoma-Zeiss apparatus, 2.5 per cent bichromate-of-potassium solution for the red, and 0.1 per cent ice-d vinegar for the white corpuscles. The proportion of dilution of the blood was always 0.5 to 101. The individuals experimented on were healthy or slightly indisposed, and the countings were made by several assistants, and accepted only when they agreed. The result was (after all therapeutic and mechanical procedures acting upon the whole surface, as in cold sheet baths, plunges, half-baths, all kinds of douches, hot-air baths followed by cold procedures, alternating hot and cold [Scotch] douches, cold full baths with rare exceptions) an *increase of red blood cells* in blood taken from the point of the finger or lobe of the ear. The leucocytes, almost with-

\* *Batter für Medizinische Hydrotherapie*, November, 1893.



out exception, also increased, as did the hæmoglobin. The maximum increase of red blood cells amounted in fifty-six individuals to 1,800,000 in the cubic millimeter; the maximum leucocyte increase was almost threefold, the maximum increase of hæmoglobin fourteen per cent. The increase was not observed in all cases immediately after the procedure; often the count was made an hour afterward. It was remarkable that often an increase of leucocytes was observed, although the red blood cells had begun to diminish. Sometimes this increase could be observed two hours later, at which time, in most cases, diminution usually began. At what time the previous condition of the blood cells returns has not been determined. In isolated cases observed for a long time it did not return at all, but some increase of blood cells remained permanent.

Winternitz justly concluded that there can be no doubt of these changes occurring after all cold applications involving the entire body. Muscular exercise showed a somewhat similar effect.

After hot-air or steam baths "there was observed a diminution of the red cells in most cases, later followed in robust individuals by moderate increase.

Thermic applications upon parts of the body by cold foot baths, fan douches upon the thighs or knees, and sitz baths produced a diminution in red and white cells in the blood taken from the lobe of the ear, while in the parts struck by the cold water there was a decided increase of both.

That this increase of cells cannot be the result of recent or new formation is probable.

Error in these examinations is excluded by the fact that the same results were obtained almost constantly in sixty instances. Moreover, the increase is too great to be fallacious—1,800,000 red cells and 1,360 leucocytes to each cubic millimetre.

The fact that the number of cells gradually diminishes until the previous relation is established demonstrates conclusively that the effects are due to changes produced in the circulation, action of the heart, tone of the vessels and tissues. Under such favorable conditions as cold applications are known to bring about, blood cells are driven from organs in which stasis and accumulation of red and white blood cells have occurred.

That this increase in the cellular elements of the blood, which are the carriers of oxygen and carbonic oxide, may have a decided therapeutic effect is taught by these observations. They clearly explain the action of thermic influences applied to the surface of the body.

The *resonator effect* upon the composition and physical condition of the human blood has been made the subject of investigations

by Knoepfelmacher.\* These were undertaken in connection with the investigations of Professor Kraus in the second medical clinic of the university, on the vasomotor factors which are active in pyrexia and in their influence upon the blood. Dr. Knoepfelmacher examined the relation of the blood cells, haemoglobin, and specific gravity resulting from such thermal influences applied to the cutaneous surface as produce pronounced contraction and dilatation of the vessels.

It is a well-known fact that section of the spinal cord above the origin of the splanchnic is followed by very intense and rapid changes in the circulation. Again, in animals thus treated irritation of the cord may produce contraction of the dilated vessels and raise the blood pressure above the normal. Section of the cord is followed in all cases by decided diminution of the number of blood cells; irritation of the nerves produces with the same promptness an increase of twenty-five per cent and over in the blood cells. According to Cohnstein and Zuntz, a similar effect is produced upon the leucocytes and the red blood cells. Contemporaneously with these changes in the blood cells there is a very decided change in the calibre of the smallest arteries and capillaries. Experiments with vagus irritation have shown that the change in the arterial pressure connected with these fluctuations is of relatively slight effect upon the blood cells.

Grawitz has studied the various results obtained from thermal irritants upon the vasomotors with a view to ascertain the fluctuations in the specific gravity of the blood. He found that sudden rapid temperature changes produced by cold douches, rubbings, or baths, caused an increase of the cohesiveness of the blood, and that warm applications caused a diminution of the thickness of the blood. Grawitz believes that the contraction of the vessels produces a corresponding transudation of fluid from the vessels into the tissues, and thus concentrates the blood, while dilatation of the vessels induces the reverse process. Especially remarkable is the equalization of these fluctuations under the regulating activity of the vasomotor centre.

Knoepfelmacher endeavored to ascertain if these changes in the human blood, which have been shown to be due to mechanical conditions, alter our present conception of the physiological nature of leucocytosis.

For the purpose of obtaining decided narrowing and dilatation of the vessels, Knoepfelmacher also used the reflex excitation of the vascular nerves by warm and cold baths. It had already been established by experiment in animals that the cutaneous application of heat and cold is followed on reflex tracts by changes in the lumen of the vessel, even without change in cardiac activity. There are many draw-

\* Wiener klinische Wochenschrift, 1894.



locks in applying these procedures to man, but Knoepfelmacher has made it very probable by comparative experiments that the changes in blood composition are at least not due to purely local changes in the blood concentration. He examined the blood drawn from the finger points of normal individuals (always excluding digestion leucocytosis) half an hour before the bath, and again when relaxation was pronounced after the warm bath. The latter lasted eighteen to twenty minutes, the water having a temperature of 96° to 107° F. The cold baths were given from ten to twelve minutes at a temperature of 62° to 75°. The red blood cells were counted after Thoma-Zeiss, the white after Thoma-Lyon; hæmoglobin by Fleischl's apparatus; and the specific gravity by Hauserfeldt's method. The results of ten warm and cold baths seemed to be fairly constant; *after the cold baths the blood cells rapidly increased in number*, beginning two minutes after the bath was entered. The maximum increase was thirty per cent; a diminution ensued in half an hour; only in one instance the increase continued. The hæmoglobin and specific gravity of the blood were in agreement with this result. The white cells gave different results. In eight or ten separate trials *they increased eighty per cent* more than the red blood cells. This too, was transient; it ceased in half an hour. Very hot baths, with subsequent perspiration, were followed by an increase of blood cells, and a relatively greater one of leucocytes. Warm baths, which produced a decided dilatation of the visible vessels, caused in seven out of ten trials a reduction of red cells up to twenty-three per cent, combined with reduction of specific gravity. The leucocytes, on the contrary, showed a different result. Only in one observation did the number fall more than the red cells; otherwise there was a slight diminution.

E. Mangranti\* made some experiments in the clinic of Professor Bozzolo, in Turin, upon the changes produced in the blood cells by plunge baths and ice applications. His object was to verify the experiments of Thérèse, Winternitz, Thayer, Borighi, Murri, Pozzo, and Grawitz, because some of these seemed incomplete. Observations in thirty-six cases were made before and after application of water between 102° and 122°, and between 58° and 32°. The blood was counted by the Thoma-Zeiss method, the hæmoglobin ascertained by Fleischl's apparatus, and verified by the chromocytometer of Bienen.

Mangranti details the entire process, and gives his conclusion as follows:

a. The largest increase of red blood cells, often above two millions per cubic millimetre, during the period of largest dilatation of the cutaneous vessels, followed a protracted and intense application of cold

\*Giornale della Reale Accademia, October 15, 1895.



as well as of heat, two opposing factors which closely unite in their final effect of congestion and stasis. *b.* Reliable increase of erythrocytes during the period of vascular contraction caused from application of cold. *c.* Diminution of erythrocytes, about one million to the cubic millimetre, caused after brief application of heat. *d.* The leucocytes shared the fate of the red cells only to a certain extent. *e.* In many instances a diminution of hæmoglobin was found which did not correspond with the increase of the red blood cells.

The difference in the findings of Knappelmacher and Mangrati is easily accounted for by the difference in technique. Mangrati does not state the duration of his "protracted baths." They were doubtless very brief, because individuals who could bear a protracted bath of 102° to 122° and from 32° (7) to 59° F. do not exist.

Mangrati's results—increased red blood cells, after hot as well as after cold applications, and the diminution of these cells after brief application of heat—prove conclusively that both heat and cold act as irritants, but that, the effect of heat being due to a relaxation of the muscular and elastic fibres which form a substitute for the muscular coat of larger vessels and a decrease in cardiac force, this fulness of the vessels ceases after brief applications; while, the plethora of the vessels resulting from cold applications, being due to a combination of Bier's arterial selection process, with increased *vis a tergo* from the heart, as explained above, a reaction ensues which maintains the tone of the vessels and fills them with arterial blood chiefly.

*II. Changes Produced in the Density of the Blood.*—Dr. Burton-Opitz reports from the Physiological Laboratory of Columbia University \* the result of six experiments on dogs which he subjected to baths of 43° C. (109.4° F.) and 23° C. (73.4° F.) to test the viscosity of the blood under such baths. The carotids were free, the animals secured in the tub under light ether narcosis. He claims that it is conclusively proved that the viscosity was sharply increased by the cold bath and decreased by the warm bath; the specific gravity running a parallel course. The tables shown on page 62 record two of these experiments.

Since Burton-Opitz does not offer a rationale of this process in this essay, I have sought to obtain an explanation from the experiments of Loewy who exposed rabbits in a rosy box to a temperature of near 100° F. for twenty-four hours. "The blood taken from the large vessels of the ears became more watery than is normal, despite the fact that evaporation by perspiration was great. The blood became thinner."

\* Journal of Experimental Medicine, January, 1906.

† Berliner Klinische Wochenschrift, No. 41, 1906.

## THE EFFECT OF WARM WATER BATHS.

Exp. No. 8.42	Number of Experiments and Weight of Dog.	Intervention Number.	Temperature °C.		Time Elapsed since beginning of bath. Min.	Specific Gravity of the Blood.	Quantity Escaped from Capillaries. Cc.	Time. Sec.	Percentage Min. H <sub>2</sub> O.	Viscosity Coefficient. K.	Mean Value of K.	Unaltered Viscosity.	
			of water.	of animal.									
Normal.	—	—	—	37.5	—	1.0500	864.5	12.00	127.80	9428.20	3329.00	16.20	
			—	36.2	—	—	1000.0	12.00	129.00	1044.00			
			—	—	—	—	—	—	—	—			—
			—	—	—	—	—	—	—	—			—
			—	—	—	—	—	—	—	—			—
			—	—	—	—	—	—	—	—			—
During Bath.	—	42.3	—	—	—	—	—	—	—	—	1104.11	16.20	
			—	—	—	—	—	—	—	—			—
			—	—	—	—	—	—	—	—			—
			—	—	—	—	—	—	—	—			—
			—	—	—	—	—	—	—	—			—
			—	—	—	—	—	—	—	—			—

## THE EFFECT OF COLD WATER BATHS.

Exp. III. 12.42	Normal	—	—	37.0	—	1.0500	1007.5	12.00	127.80	954.20	978.02	15.12
		—	—	36.0	—	—	1021.5	12.00	126.20	958.00		
	During Bath	22.0	—	—	—	—	—	12.00	147.20	958.00	966.32	
		—	20.0	15	1.0400	1000.0	14.00	155.00	972.00			
	—	—	—	—	30	—	—	—	—	—	—	
	—	—	—	—	45	—	—	—	—	—	—	
		35.5	30	30	—	—	—	—	—	—		

The body must have become poorer in water. In order to render this positive of proof, the quantity of water in the muscles was ascertained. In the majority of these experiments the muscles proved to be poorer in water, which Læwy regarded as due to the general removal of water from all the tissues. The plasma of the blood proved to be increased. Warmth produces a widening of a large area of the circulatory system; the resistance offered to the movement of the blood, and consequently the blood pressure, is diminished. Thus a diminished transudation of plasma into the tissue and lymph spaces is brought about, resulting in an increase of the plasma in the blood. This, however, may not entirely explain it, because, although enlargement of the vessels causes a reduction of pressure in the smallest arteries, it does not necessarily follow that the pressure in the capillaries is also reduced, as is shown by Heidenhain and others. The extent of transudation of the blood plasma depends mostly upon pressure in the capillaries. Moreover, it may be that inasmuch as heat induces a greater giving off of water, chiefly from the lungs, this diminution of water reaches the arterial system, and the capillaries become poorer in water. Thus osmotic equalization processes may ensue, by reason of which fluid may transude from the lymph and tissue juices into the blood-vessels. But these osmotic processes, be they ever so extensive, cannot alone produce a thinning of the blood.

Since this thinning of the blood may not thus be absolutely proved,

Loewy offers other evidence to demonstrate it. Eight rabbits were kept from one-half hour to fifteen minutes in a box whose temperature was between  $148^{\circ}$  and  $150^{\circ}$ . In each one there was a pronounced, often a very considerable, reduction of the density of the blood, which was quite as decided as after a retention for twenty-four hours in a box with a temperature of  $86^{\circ}$  to  $91^{\circ}$ . No difference in effect was perceptible between a warming of two hours and one of fifteen minutes. The number of red cells was diminished. The density of the serum was unchanged in these experiments. *Hence the influence of even very brief exposure to heat upon the composition of the circulating blood appears to be very considerable.* What processes account for these changes? There cannot be an absolute change in the quantity of corpuscular elements or of the plasma; the former cannot be absolutely diminished, and the latter cannot, in the brief time of the experiment, be so considerably increased. We must, therefore, accept these changes as occurring in the relative proportion of corpuscular elements and of water of the blood. Moreover, in these brief trials there cannot occur sufficient evaporation of water to increase the viscosity of the blood. No considerable stream of fluid can be made to flow by osmosis from the tissues into the capillaries; certainly not enough to increase the blood plasma. If this were the case even, it would not explain the impoverishment of the blood. Such osmotic processes have been shown by Cohnstein and Zuntz to occur very slowly; too slowly to accomplish the above purpose.

Loewy believes that the blood-thinning process may be best explained as follows: By reason of the increase of large areas of the capillary system, arising from dilatation of cutaneous vessels, a greater amount of corpuscular elements enters vessels which previously have been filled only with plasma (the *vasa serosa*) or which afforded room only for a small number of corpuscles. These corpuscles only were withdrawn in large number from the larger vessels, the blood of which was used for the experiment; the blood thus lost formed elements; its density was diminished. The plasma displayed no change.

That changes in the tone of the vessels may produce such considerable and rapid changes in the composition of the blood as were shown by Loewy's experiments of a few minutes' duration, has been distinctly proven by the experiments of Cohnstein and Zuntz.

They found that the corpuscular contents of the larger blood-vessels depend upon the capillaries and upon the quantity of blood circulating in them; that conditions that narrow their lumina increase the corpuscles in the blood-vessels; and, reversely, that those conditions which dilate the capillaries produce a diminution of the blood corpuscles in the blood-vessels. For example, this effect is produced after section of the spinal cord, during venous stasis and during muscular activity,



Schoenburg and Zuntz ascribe the changes in the blood produced by high altitudes to changes in the tone of the blood-vessels, and the remarkable change produced by light upon the composition of the blood, as discovered by Fuller in Zuntz's laboratory, may also be attributed to the same cause.

All these factors are also connected with heat, which, in the same manner and with the same rapidity, induces a diminution of the corpuscular elements in the large vessels, and thus in the specific gravity of the blood.

There are many other investigations reported on the influence of thermic agencies upon blood composition, and they all refer to brief applications. Winternitz\* reports that cold always concentrates the blood, which is condensed by increase of the number of red blood cells, while warmth produces in the majority of instances their diminution.

Knoepfelmacher† noted the same results. All three of these observers have always investigated the total blood in one part of the body. Despite the agreement in the results, their significance differs. All three of these authors ascribe them to the influence exerted by thermic agencies upon the muscular structure of the vessels—contraction of large segments of vessels by cold, relaxation by heat. Winternitz and Knoepfelmacher explain them by the theory that changes in the dimension of the vessels (besides changes in the circulation) produce changes of the corpuscular elements, without regard to any changes in the fluidity of the blood. Winternitz further insists that the increase in the number of the corpuscular elements under the influence of cold is due to the fact that large masses of blood cells are driven into the general circulation from organs in which stasis or other accumulation of blood has taken place. In opposition to this view, Grawitz has repeatedly insisted that these results are due not to the condition of the corpuscular elements, but to that of the blood serum, inasmuch as the irritation of the vasomotors by cold and the resultant heightened blood pressure induce a transudation of water from the blood into the tissues, and thus the blood becomes more concentrated, the reverse being the case under warmth, which brings about a diminution of blood pressure and thus draws the water from the tissues into the vessels, inducing a thinning of the blood. This view cannot be accepted even under Cohnstein and Zuntz's observations, and Loewy's investigations in the density of the serum contradict it. He therefore agrees with Winternitz and Knoepfelmacher, who consider the chief agency in changing the density of the blood to be a changed distribution of corpuscular elements in the vascular system. That Winternitz's view that the inner organs take part in the process as well as the vessels of the skin is

\* *Centralblatt für innere Medizin*, 1893.

† *Wiener klinische Wochenschrift*, 1891.

correct seems to be demonstrated by Breitenstein's investigation, which follows below. Loewy hopes to show by the publication of the results of these investigations the practical importance of those of Cohnstein and Zuntz, which have not been sufficiently recognized, but at the same time he emphasizes that for the purpose of clearing up the problems presented by the examination of the blood we should not limit ourselves to the determination of the relation of the blood at one or more points placed under the same conditions. In order to deduce conclusions of a general nature, we should, like Breitenstein, examine the blood of several vascular provinces, whose circulatory conditions are different, or we should examine, besides the total blood, at least one of the constituents, since the blood consists of water and cells.

Breitenstein\* has published some observations which throw much light upon this interesting subject. He obtained the blood from healthy and sick individuals by a small incision into the lobe of the ear, gathering it without pressure. The individual lay on a sofa in an empty room, with body slightly elevated. After a rest of one-quarter of an hour the blood was obtained and examined with the most modern appliances. A bath of 77° F., of ten minutes' duration, was now applied, after which the individual again rested. The subjects were eleven healthy men and three chlorotic girls. In eight of these an increase of red blood cells was noted, in three an insignificant diminution, two of the latter being chlorotic girls. Thus was demonstrated the fact that cool baths produced an increase of red blood cells in the peripheral vessels. Winternitz had observed the same results, but these were from hydriatric procedures which produced energetic reaction in the skin. Breitenstein concludes that the slight reduction of the temperature plays no rôle, because in his experiments there was no relation to be noted between the lowering of the temperature and the increase of blood cells. This was confirmed by experiments with antipyrin, in which the largest temperature reduction was not always accompanied by the largest effect upon the red cells. Neither reduction of temperature, nor of respiration, nor of pulse furnishes any clue to the change in the corpuscles. New formation of the latter cannot be claimed, it being impossible that so large a number could be formed within an hour. According to Breitenstein, a change in the plasma, as argued by Grawitz, is scarcely to be thought of, because it is a well-known fact that it is very difficult to change the normal composition of the blood for any length of time. Where did these blood cells remain hidden? They could not be destroyed any more than they are destroyed in febrile conditions. There

\* *Archiv für experimentelle Pathologie und Pharmacologie*, Bd. 22, 1906.



is no ground for claiming that the blood is thinned. They must have become lodged somewhere. Beritensstein sought for them in the liver, by taking the blood from the latter and from the ear at the same time, under all necessary precautions with regard to agitation, eating, etc., before and after the heating process. The blood cells were found to be equal in the ear and liver before the animals were subjected to the heating process; but after the latter there was an enormous increase of red blood cells in the liver, as is graphically shown in the following table.

EXPERIMENTS BY OVERHEATING THREE HARRIS.

No.	Weight in Grams.	Temp. of Rectum.	Number of Red Blood Cells in Millions.	Difference Between Blood from Veins of the Ear and Liver.	Hemoglobin Per Cent. Values.
I.	2,120	39.6° C.	Ear, 5,392	.....	11.64
	Temp. of hot box, 28-32° R.		Liver, 5,460	- 152,000	12.12
	2,250		Ear, 5,132	.....	10.73
II.	1,890	40.2	Liver, 6,250	+ 838,000	11.12
	Temp. of hot box, 28-30° R.	38.9	Ear, 5,720	.....	12.40
	1,900	40.5	Liver, 5,890	+ 178,000	11.84
III.	2,370		Ear, 5,990	.....	11.22
	Temp. of hot box, 30-35° R.		Liver, 6,204	+ 808,000	12.28
	2,150	39.3	Ear, 5,460	.....	11.00
	Temp. of hot box, 30-35° R.	42.2	Ear, 5,384	+ 144,000	11.33
	2,150		Liver, 5,320	.....	11.32
			Liver, 6,112	+ 792,000	12.40

In Professor Gerhardt's clinic this subject was studied by Becker.\* The latter is disposed to dissent from all other authorities, not in the actual results however, but in their explanation. He concludes (p. 182): 1. An application of cold to the entire body produces a smaller increase of erythrocytes than of leucocytes in the blood of the cutaneous capillaries. 2. These changes are due mostly to vasoconstrict influences, chiefly the loss of water from the blood, and less to a stasis of the blood cells in the capillaries. 3. An increase of leucocytes ensues, besides, and for the greatest part through the formation of layers in the margins of the blood-stream, after cold. 4. In pathologic conditions changes in the composition of the blood may also be explained by the moderate diminution of stases.

E. Tschlenoff† subjected six rabbits to a hot-air chamber of 42° C. (107.6° F.) for five to six hours and found a loss of fifty per cent. in the leucocytes and no change in the hemoglobin and red cells. This loss was compensated in twenty hours.

Changes in the renal circulation have been observed by Rem-Vivert‡

\* Blauer f. Klin. Hydrotherapie, August, 1902, No. 8.

† Weitsch, 9 and 24, 1893.

‡ Il Pollastra, 1900, No. 33.



who made one hundred and fifteen experiments on thirty-five healthy persons, with three hundred and fifty urinary analyses. He found that albumin is found with considerable regularity after cold baths ( $12^{\circ}$  to  $13^{\circ}$  C. for three minutes); baths of fifteen minutes of  $20^{\circ}$  produce the same effect. The albumin appears quickly, but lasts only a few hours, never exceeds one-quarter of one per cent., and is mostly serum albumin, never nucleo-albumin; not rarely hyaline casts and crystals of oxalate of lime were observed. Frequently, though not always, there was increased diuresis, especially after short, very cold baths in the open air. Relatively larger quantities of solid urinary constituents are excreted. Nitrogen and urea and chlorides are increased; there was no urobilin. After short cold baths and douches, blood pressure was increased; after long and very cold baths, a more rapid and irregular heart action, more or less diffused cyanosis, and manifest dilatation of the right ventricle. Rem-Picci holds that albuminuria following cold baths depends upon the cutaneous excitation, which, affecting the peripheral sensory endings, is conveyed to the central nervous system, and reflected upon the route of the vagus re-sympathetic; this is evident from the fact that injuries of the vagus also produce albuminuria.

Confirmation of these findings may be found in Strasser and Wolf's experiments with the onkometer.\*

Intense cooling of the skin produces changes in the renal circulation. The latter is never produced by the usual hydropathic procedures, because they are never applied so cold, without adding friction, which counteracts the congesting effect of cold upon the internal organs. Experiments like the above go to show that the charge made by Adler\* and a few others, that laboratory experiments, such as we have on strychnine and other medicinal agents, are wanting in hydrotherapy, is unfounded in fact.

#### EXPERIMENTS TO ASCERTAIN THE EFFECT OF VARIOUS PROCEDURES UPON THE BLOOD CONSTITUENTS IN HEALTH AND DISEASE.

With a view to test the influence of various procedures in health and disease I instituted some experiments in the Hydropathic Institute, in which I was assisted by my son, Dr. H. B. Banuch, and in the Montefiore Home, which were conducted under my direction by Dr. Abramson, assisted by Dr. Talney. The counts were made just before and within fifteen minutes after each procedure; with Deland's hematocrit in the Hydropathic Institute, and with the Thoma-Zeiss apparatus in the Montefiore Home.

\*Bl. u. klin. Hydroth., 1903.

†New-Yorker medic. Monatsschrift, 1897.

*In Hydriatric Institute.*

Name.	Age.	Condition and Procedure.	Red Cells. Number in Cubic Millimeters.		White Cells. Number in Cubic Millimeters.		
			Before.	After.	Before.	After.	
Victor H. (Gumment)	21	Healthy; hot- air bath. Followed by jet douche, at 80° F., 5 sec.	4,200,000	5,800,000	8,500	10,500	Blood from lobe of right ear measured with Deland's hematocrit. do.
Same, ....	21	Healthy; jet douche, 80° F., 10 sec.	4,200,000	5,500,000	8,500	10,400	
T. .... (Gumment)	22	Healthy; full bath, 80° F., 10 min.	5,000,000	5,800,000	9,000	10,500	do.

*In Montefiore House.*

Name.	Age.	Illness and Procedure.	Red Cells. Number in Cubic Millimeters.		White Cells. Number in Cubic Millimeters.		Per Cent of Hemat- ocrit.	
			Before.	After.	Before.	After.		
William H.	24	Paralysis agitans; full bath, 90° F., 30 min.	5,481,668	5,441,444	6,000	11,000	120	150
Bertha D.	67	Paralysis agitans; full bath, 95° F., 30 min.	4,250,000	5,666,666	5,100	5,200	105	105
Nanette G.		Hayden's disease; wet pack, 60° F., 1 hour.	4,875,000	4,091,666	5,131	11,400	75	69
Matilda G.	16	Phthisis pulmo- nalis; hot-air bath until warm, followed by rain bath, 80° F., 30 min. pr. 1 min.	4,821,000	4,921,353	8,000	10,000	75	75
Malie M.	58	Chronic nephri- tis; hot-air bath.	3,160,666	3,053,333	9,500	12,400	50	45
Augusta P.	25	Arthritis defor- mans; perspired in a hot-air bath 10 min.	4,450,000	4,986,333	6,400	8,400	80	80
Jeany L.	21	Hysteria; rain bath, 60° F., 30 min. pr. 1 min.	3,715,732	4,125,000	6,800	8,200	70	80
Lena D.	18	Chronic bronchi- tis; rain bath, 80° F., 30 min. pr. 1 min.	5,325,000	5,590,000	7,500	10,500	75	69

## In Montefiore Home.—Continued.

Name.	Age.	Injury and Procedure.	Red Cells, Number to Cubic Millimetre.		White Cells, Number to Cubic Millimetre.		Per Cent. of Haemoglobin.	
			Before.	After.	Before.	After.	Be- fore.	After.
Annie H.	9	Rickets; circular (needle) bath, 60° F., 15 lbs. pr. 1 min.	3,321,460	3,375,000	7,500	11,000	83	80
Lizzie B.	30	Chronic gastritis; circular bath, 80° F., 15 lbs. pr. 1 min.	4,112,500	3,306,666	8,000	8,000	90	95
Nathan B.	28	Neurasthenia; jet douche, 80° F., 15 lbs. pr. 30 sec.	3,323,000	3,683,333	8,600	8,600	100	105
Julius D.	38	Friedreich's ataxia; jet douche, 80° F., 15 lbs. pr. 30 sec.	4,620,666	5,375,000	9,600	8,600	105	103
Joseph B.	49	Dilatatio ventriculi et neurasthenia; jet douche, 45° F., 15 lbs. pr. 30 sec.	4,133,333	4,658,333	8,200	8,200	100	100
Rosa G.	42	Locomotor ataxia; jet douche, 95° F., 30 lbs. pr. 30 sec.	4,983,300	4,641,000	14,375	9,400	100	95
Minnie G.	44	Multiple sclerosis; jet douche, 85° F., 30 lbs. pr. 30 sec.	4,783,300	4,958,333	5,410	6,900	85	85
Lillie F.	79	Tubos; jet douche, 110° F., 20 lbs. pr. 30 sec.	5,362,000	4,210,600	4,500	8,400	80	90

## CHANGES IN THE CHEMICAL CONSTITUENTS OF THE BLOOD.

Alois Strasser has undertaken to study the chemical reaction of the blood under thermic applications. The experiments made upon himself and Dr. Kuthy are detailed in the *Deutsche Medicinal-Zeitung*, June 13th, 1896. The results are briefly summarized as follows: After all warm or hot hydrietic procedures (chiefly baths of about 110° F.), an increase of the relative quantity of acid phosphate was invariably noticed; most often it was considerable (once over one hundred per cent).

After cold procedures the relative quantity of acid phosphate was diminished, the greatest diminution was after half-baths (about fifty per cent); small diminution followed the douches, cold sheet, or



plunge in a bath of about 48° F. The blood was taken under anesthesia from one femoral artery before and from the other after the experiment. The result showed a diminution of blood alkalinity after hot baths, and an increased alkalinity of the blood after cold baths.

Pokrowsky\* demonstrated by his experiments that the assimilation of nitrogen-containing foods is increased by *hot-air baths*, the quantity of feces and of nitrogen contained in it is diminished, and the body weight is increased (†).

Gussers† claims also an enhancement of nitrogen change after *hot baths*.

#### CHANGES IN THE LYMPH MOVEMENT.

A series of carefully conducted laboratory experiments was conducted by E. von Kowalski‡ in the physiological laboratory of Professor Beck, of the Lombert University, for the purpose of ascertaining the influence of thermal irritants upon the movement of lymph and upon the vasomotor nerves of the lymph vessels. Without entering upon the interesting details and comments of the author, the following conclusions are of interest: 1. Thermal irritants exercise an influence upon the flow of lymph not only indirectly by reason of the simultaneous changes in the other organs, but also by changing the calibre of the lymph vessels; thermal irritants of low temperature contract these vessels, higher temperatures dilate them. 2. The reason for these changes may be found in the nervous system, because the lymph vessels are subject to the same influences as the blood-vessels—viz., from vasomotor nerves, which produce, when excited by low temperature, contraction, and when excited by high temperature evoke dilatation. 3. The vasomotor nerves of the lymph vessels are not identical with the corresponding nerves of the blood-vessels; at any rate, their activity is independent of the circulation.

Practically, we obtain from these facts some clue to the correct use of water for influencing both the lymph vessels and the general circulation. For instance, a warm bath or compress will enhance the absorption of lymph; if followed by a cold procedure (bath, douche), would empty the vessels and send their contents into the general circulation. It is evident that we have here an effective hydrotherapeutic measure based upon strict physiologic facts.

\*Wiatsch. No. 9, 1892.

†Wiatsch. No. 39, 1893.

‡Blatter I. 31a. *Hydrotherapie*, January and February, 1901.

# CONCLUSIONS.

From all these experiments and observations upon the influence of hydropathic procedures on health, made under fairly reliable conditions and precautions, by different investigators, it may be gathered, despite some difference of opinion and deductions, that the *changes produced by the thermal and mechanical stimulations arising from hydropathic procedures are very intense and far-reaching*. The inference is as clear as day that an enormous influence must be exercised by procedures which impress such changes upon the calibre of the vessels, the action of the heart, and the composition of the blood in health; and that its effect in disease must be equally pronounced.

To guide and direct this effect into the proper channel and evoke such changes in the circulation as would remove stasis, fill certain vascular areas, and deplete others—are the aims of judicious hydrotherapy.

The enormous power for good or evil with which the physician is thus armed has, we trust, been made evident by the experiments detailed above.

## INFLUENCE OF HYDRIC APPLICATIONS UPON THE RESPIRATION.

It has been clearly shown that all water applications considerably below or above the skin temperature act as thermal irritants. Physiologists agree that the respiratory centre is most easily affected by nervous impulses conveyed to it from various parts of the living organism. Impulses from almost every sentient surface or passing along almost every sensory nerve may modify respiration. Experiments on animals show clearly that stimulation of sensory nerves deepens inspiration. The influence of stimuli applied to the skin is peculiarly intense, as is evidenced by the universal use of cold and heat applied to the skin for purposes of resuscitation of the newly born.

There are probably two sensory tracts of nerve fibres passing from the cutaneous surface to the respiratory centre; viz., fibres for inhibition and for excitation.

When a very cold or a very hot bath is entered, a deep inspiration is initiated, which is interrupted by spasmodic efforts. If the bath is continued, the respiratory movements become regular because the temperature contrast which is essential to all excitations has ceased, and the circulation adapts itself to the changed condition in the local distribution.

The greatest irritation of the respiratory centre is produced by cold applications, especially upon the chest and abdomen. The phrenic nerve probably is irritated in these cases, giving rise to spasmodic action of the diaphragm, which seems to threaten cessation of breathing. The respiration remains deeper for a considerable time. As a result,

Winternitz and Poppschl have shown an unmistakable increase of  $\text{CO}_2$  elimination.\*

Exposure of the naked body to cold produces, according to Friedrich,† a decided increase of oxygen consumption, in proportion to the intensity of the cold. The projection of cold water upon the body also produces an increase of oxygen consumption and  $\text{CO}_2$  excretion in warm-blooded animals.

According to Wuck,‡ who experimented upon himself, the hot bath influences the respiration positively. Even at  $102^\circ \text{F}$ . the frequency of respiration was diminished; it became deeper and remained partially so in the subsequent jacks. In baths of  $107.5^\circ \text{F}$ . to  $111^\circ \text{F}$ . a sense of constriction occurred, connected with a feeling of tightening of the larynx, which ceased at once when the neck was raised out of the water.

Hot baths regularly produced a marked retraction of the abdomen, which increased with the heat. This seemed to be a reflex manifestation, like the slowing of the respiration. The latter may be due to the influence of changed blood upon the respiratory centre. But the reflex theory is more probable, as the retraction is brought about by the action of hot water on the peripheral cutaneous nerves. The phenomenon is remarkable, because, under the influence of heated blood upon the respiratory centres, there is usually rapid and shallow breathing. Probably both causes are at work, for prolonged exposure to the hot bath may weaken the reflex and allow the heat alone to operate. Tozzi found the respiration decidedly quickened and staccato fashion in a bath of  $113^\circ \text{F}$ . to  $115^\circ \text{F}$ .

Baile, who has written fully upon the Japanese hot baths, says that the respiration is at first little affected, but becomes more frequent and shallow, an experience which I have frequently verified. The dyspnoea produced by heat has been shown by Claude Bernard to be due to reflex action exerted by the heated blood upon the respiratory centre. Frick and Goldstein produced dyspnoea by allowing water at  $158^\circ \text{F}$ . to circulate around the carotid arteries of animals.

Prolonged hot baths, which tend to raise the body temperature, accelerate the respiration and pulse. The latter becomes more compressible, though full and bounding, the former is deepened.

H. Winternitz (Halle)§ concludes from some apparently trustworthy experiments on a medical student that hot baths produce an

\* "Neue Untersuchungen über den respiratorischen Gasaustausch unter thermischen und mechanischen Einflüssen," 1900.

† Hayem: "Leçons de Thérapeutique," vol. 1, 1894.

‡ "Ueber die physiologische Wirkung verschiedener warmer Bäder," Wien: Wilhelm Braumüller, 1894, p. 150.

§ "Einfluss heisser Bäder auf den respiratorischen Stoffwechsel des Menschen." Abdruck aus dem klinischen Jahrbuch, siebenster Band, Jena, G. Fischer, 1898, p. 18.



increase in the chemical activity of the respiratory function, and that in consequence there ensues an enormous increase of oxygen consumption and  $\text{CO}_2$  excretion, which exceed even those observed in fevers (20 per cent). Even when the body temperature was not materially elevated by the warm bath, and the respiratory mechanism remained unchanged, the change obtained in seven examinations made on different days during hot baths of 30 minutes' duration was an average increase of oxygen consumption of 78 per cent and an average increase of  $\text{CO}_2$  excretion of 91 per cent. That this enhancement of respiratory activity continued for some time was demonstrated by seven observations, made on an average of 53 minutes after the removal of the individuals from the bath, when an increase in oxygen consumption of 22 per cent and an increase in  $\text{CO}_2$  excretion of 16 per cent were still observed. These changes are not attributed by H. Winternitz altogether to an enhancement of cardiac and pulmonary labor, because after deducting the effects of the latter and including the increased perspiration, all of which were in proportion to the temperature and duration of the baths, there remained still 30 per cent of the increase unaccounted for.

The observations of Rahner also show a decided increase of respiratory function after hot baths. The latter being of short duration, however, the increase was much smaller.

Numerous experiments made in the Hydriatric Institute upon the healthy male attendants, and upon patients under treatment for various diseases which did not preclude their following their vocations, showed the author that the impingement of water at ten or more degrees below the normal body temperature produces sudden spasmodic inspiratory efforts, which seem to be checked immediately after being initiated and often alarm the person exposed to it. Very soon, however, if mental agitation subsides and equilibrium is established, the inspirations become deeper and the expiration proportionately more active. The respirations are increased in number during the bath if it be very cold, unless shivering is induced, which produces staccato breathing. After the cold bath or douche respiration is affected by the extent to which reaction ensues. If the latter be good the respirations become much deeper, the patient feels that more air enters the lungs. For this reason all cold hydriatric applications should be followed by moderate exercise in fresh pure air.

If the mechanical influences of certain hydriatric procedures are added to the thermic, as in douches, for instance, the effect upon the respiratory centre becomes enhanced. The same influences are exerted by thermic and mechanical irritants upon the respiration, which have been more fully referred to in connection with the circulation; the chief difference to be observed lies in the greater sensitiveness of

the respiratory centre, and its more ready response to excitation from the periphery. The latter offers a fertile field for further experimentation for the purpose of ascertaining the precise influence of moderate and gradually increased hydropathic applications to the periphery, upon the respiration and its functional dependencies. In disease, the results of such experimentation would be extremely useful. We have a crude exemplification of these virtues in the application of hot or cold plunges and in affusion in the broncho-pneumonia of children, in which, perhaps, the chief effect arises from the stimulus conveyed through the sensory filaments from the skin to the respiratory centre, which, being overwhelmed by the disease, fails to respond to the increasing demands made by accumulation of  $\text{CO}_2$  in the blood. Deepened inspiration and forcible expiration further expulsion of retained secretions.

The more precise adaptation of definite temperature to prevailing conditions may be learned from extended experimentation on the influence of thermal and mechanical irritants upon the respiration.

Trustworthy observations in the laboratory are of great interest in this connection—Ruhner\* investigated with the Zunt apparatus the effect of short baths and douches, as they are applied in practice, upon the respiratory function. That the latter is greatly enhanced is evidenced by the following increased average percentages after short baths:

Bath	Vol. of air	$\text{CO}_2$	O	Res. quotient
16° ( 61° F.)	+22.9	+61.5	+46.5	0.86: 1.00
30° ( 86° F.)	+ 7.3	+31.0	+16.2	0.95: 0.93
32° ( 91° F.)	+ 3.8	- 1.8	+ 6.2	0.87: 0.90
40° (104° F.)	+16.1	- 3.5	+ 8.2	0.86: 0.90
44° (111° F.)	+18.6	+22.1	+17.2	0.86: 1.00

This summary shows clearly that baths of 61° F. produced a decided increase of the respiratory function, that baths of 91° F. produce little effect, and that a rising bath temperature again increases its effect.

An interesting finding was that the effect of the douche at the same temperature was double that of a short bath. A douche of 61° F. increased the

Volume of air, . . . . . 56.5 per cent.; a bath, 22.9 per cent.  
 $\text{CO}_2$  exhalation, . . . . . 109.4 " " " " 61.5 " "  
 Oxygen consumption, 110.1 " " " " 46.5 " "

Ruhner also investigated the after-effects of hydropathic procedures and

\* Archiv f. Hygiene, 1903, 46.



found that practically they disappear in an hour. This is probably due to the fact that the individuals were not permitted to exercise after the treatment, a condition which does not exist in practice. Exercise, he admits, would increase the effect of these long gymnastic exercises under low- and high-temperature baths.

#### INFLUENCE OF HYDRATIC PROCEDURES UPON THE MUSCULAR SYSTEM.

This interesting subject has until recently received insufficient attention. It has been well worked out by two Italian physicians, Vini and Maggioli.\* These experiments are regarded by all who have felt interested in the scientific development of hydrotherapy as valuable a contribution that a detailed account of them must add to the explanation of the *raisonne* of various hydriatic procedures. They are cited in *extenso*, at this point, because they lend greater force to the true explanation of the action of the douche. The authors gave an account of the experiments in an open letter to Professor Mosso, the well-known Italian physiologist. They undertook a series of investigations with the ergograph, invented by Mosso, in order positively to establish the effect of the most important hydro-therapeutic procedures upon the resistance of the muscles to fatigue. At the present time exact investigations upon this subject, which is important from a hygienic as well as from a therapeutic standpoint, are wanting. The stimulating or depressing effect on the muscular system produced by many of the most commonly used hydriatic applications has not entirely escaped the great masters of medicine, but the little which is known up to the present time is the result of the simple subjective and direct observation of the manifestations without any experimental proof to demonstrate the correctness of this subjective observation. Experiments made with the dynamometer cannot be regarded as scientifically exact, because of the numerous sources of error connected with this instrument. The following diagrams represent graphically the results of these experiments with Mosso's ergograph. The normal "fatigue curve" was ascertained by several applications of the ergograph upon the flexor muscles of the middle fingers of both hands, the instrument carrying a weight of three kilograms, and registering the contractions every two seconds. The same conditions were observed in all subsequent observations. Two and a half hours after this "fatigue curve" had been registered, the individual was placed in a tub containing water of 50° F. (10° C.) for fifteen seconds. He was now dried,

\* *Blätter für klinische Hydrotherapie*, 1892, vol. II., No. 15, and vol. III., No. 7.



wrapped in a woollen cloth, and the "fatigue curves" of the right and left middle finger taken. This experiment was repeated three times during the day; out of eight "fatigue curves" thus obtained the following are selected (Figs. 10 and 11). These curves indicate (the figures

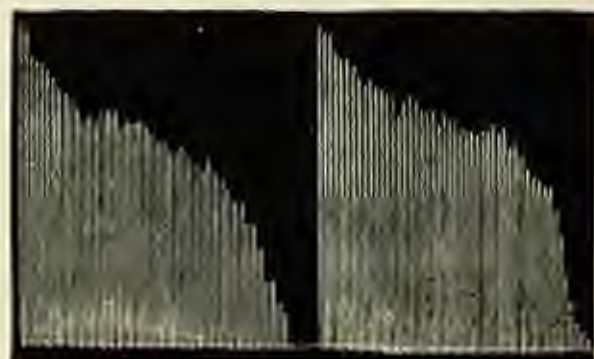


FIG. 10.—Normal Fatigue Curve,  
Left Hand.

FIG. 11.—Normal Fatigue Curve,  
Right Hand.

given are here omitted) the extent of the work furnished by these muscles. The middle finger of the right hand, contracting with the greatest exertion until completely fatigued in order to raise a weight of three kilograms every two seconds, was capable under normal conditions of completing fifty contractions, corresponding to mechanical work of 5,139 kgm.; while after the cold bath the same muscle could complete seventy-four contractions before it was fatigued, which corresponds to a mechanical

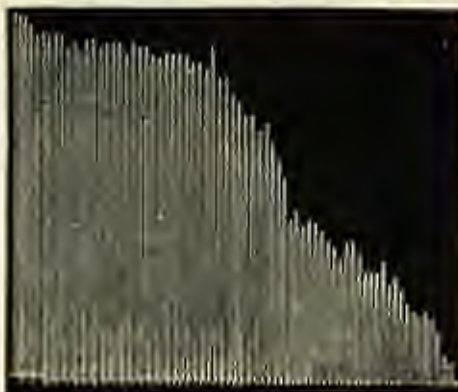
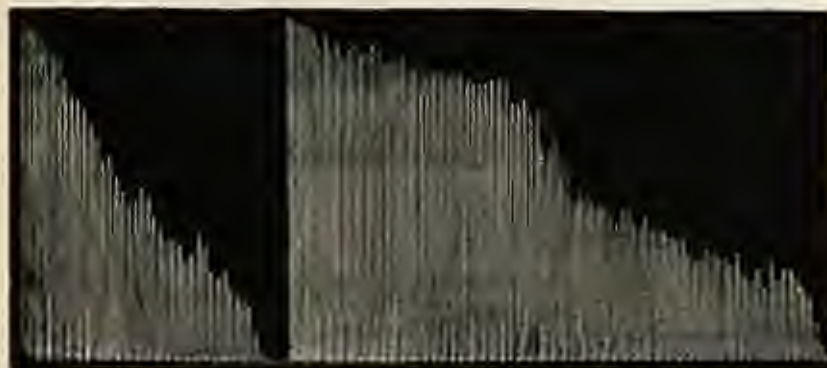


FIG. 12.—Fatigue Curve, Right Hand, after bath, 30°  
for 15 seconds.

work of 9,126 kgm. This simple and exact experiment demonstrates that the cold bath produces a considerable increase of the working capacity of the muscles.

The diagram indicates that as the normal fatigue curve (Fig. 12) there is a gradual lowering of the lines, each line showing the extent of the contraction. A gradual weakening of the muscles

is evident, at first followed by a rapid diminution of strength. It will be seen that the "fatigue curve" after the cold bath differs decidedly from this normal curve, as it shows the continuation of mus-



FIGS. 13 and 14.—Fatigue Curves after Gradually Cooled Bath.

cular power for nearly one-half of the period, and its very gradual diminution to the end.

The *gradually cooled* bath furnished an interesting "fatigue curve."

The water had a temperature of 96.5° F. when the individual, a student of medicine, twenty-seven years of age, entered it after his "fatigue curve" had been noted. Five minutes elapsed, when the outflow was opened and cold water was admitted, until the temperature of the water was 68° F., and the man felt slight chilliness. Upon emerging from the bath the fatigue curve was again taken. The above diagrams represent the effect of this bath (Figs. 13 and 14).



FIG. 15. FIG. 16. FIG. 17.

FIGS. 15, 16, and 17.—Effect of Gradually Cooled Bath upon the Fatigue Curve. Fig. 15, normal curve; Fig. 16, after active work; Fig. 17, after active work and bath.

The average result of several trials shows that the flexor of the left middle finger, which before the bath was capable of making thirty-nine

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contractions, corresponding to 3,093 kgn. of work, yielded under the same conditions after the gradually cooled bath (96° to 68°) eighty-seven contractions, equal to 9,349 kgn. of work. This plain enhancement of working capacity is showed clearly also by the change in the form of the "fatigue curves." Before the bath the curve 8 shows high contraction, which fell regularly and slowly toward the middle; slight fluctuations in the rising capacity then ensues, indicating change in the contracting capacity; then the latter sinks regularly but much more slowly. After the bath the lines show a nearly even height for a long period; then a slow lowering ensues, gradually ceasing. The studies of Vinaj upon the cooled bath have shown that it increases the tone of the vessels. The present experiment demonstrates how powerfully the resistance to fatigue is enhanced in the muscles, and that this effect depends upon the thermic as well as upon the mechanical action of the procedure. So far as the former is concerned, cold increases the muscular working capacity, while warmth, when not combined with a mechanical effect, diminishes muscular power, as is

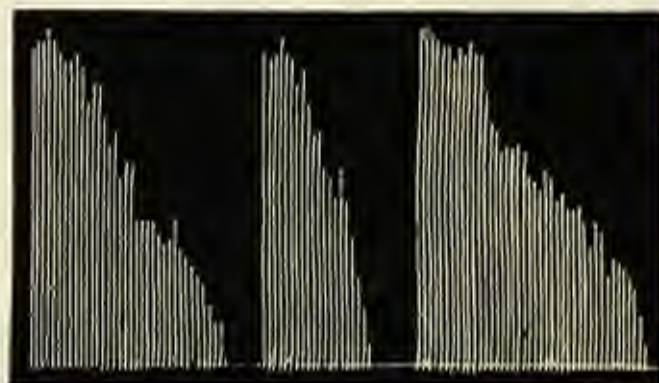


FIG. 18.—Normal Fatigue Curve.

FIG. 19.—After Labor.

FIG. 20.—After Wet Sheet.

well known. When, however, warm procedures are combined with mechanical effects, as in ablution, douches, and rubbings, there ensues a distinct elevation of the muscular capacity, which is always less than that observed after cool and still less than that observed after cold or alternating procedures. These effects will be more clearly delineated by diagrams when the *rationale of douches* is reached.

A complete separation of the purely thermic action from the mechanical is not reached by these experiments; it appears, however,



that the maximum effect may be reached by cold applications. Not alone do certain hydropathic procedures increase the working capacity of the muscles; they also restore the latter when it has been used up by exercise or labor.

The effect of hydropathic procedures upon *muscles which have been fatigued* is well brought out by later experiments of Vinaj and Maggiora.\* Their diagram shows the effect of a general cold bath upon the flexor muscles of the right middle finger with a weight of four kilograms and a rhythm of two seconds similar to Figs. 15, 16, 17, and demonstrates that the effect of fatigue is entirely removed by the cold bath.

The effect of rubbing with a cold sheet, upon the capacity of work of a muscle which has been fatigued, is graphically shown in the subjoined diagram by Vinaj and Maggiora (Figs. 18, 19, 20).

This diagram shows not only a removal of the fatigue but the establishment of a muscular capacity superior to that shown by the diagram representing the normal "fatigue curve." These observations have been fully confirmed by Kellogg.†

#### INFLUENCE OF HYDRATIC PROCEDURES UPON TISSUE CHANGE.

The influence of hydropathic procedures upon the circulation, respiration, and muscular action has been fully detailed. It has been shown that the effect of these procedures is far-reaching in health; that not only the quantity of blood but its composition also in various organs and parts of the body are controlled, that oxygen intake and CO<sub>2</sub> output are enormously increased, that heat production and elimination are decidedly influenced (see page 73), and that muscular activity is enhanced. Since functional activity is the chief agency in producing tissue change, and this functional activity depends upon the blood supply to the organs, we may by influencing the latter readily exercise a powerful effect upon the former.

That thermic and mechanical irritation applied by means of water upon the cutaneous surface does arouse cell activity and does affect tissue change has been very generally accepted. Proof is not wanting that this well-recognized fact is based upon substantial experimental data. Many laboratory experiments have been made with a view of furnishing actual demonstrations of the influence of hydropathic procedures upon tissue change. Among these may be mentioned the classical experiments of Liebermeister and Goldscheider, showing a constant increase of CO<sub>2</sub> production after the application of cold. These deductions have been confirmed by Boehrige and Zuntz,‡ by their careful

\* *Blätter für klinische Hydrotherapie*, July, 1903.

† *Rational Hydrotherapy*, p. 1122, 1901.

‡ *Pflüger's Archiv*, 1871.

experiments in the Bonn Laboratory. Not only was Liebermeister's idea found correct, but it was clearly shown that the consumption of oxygen was subject to changes depending upon the temperature of the surrounding medium. Boetting and Zuntz found that changes in the intensity of tissue metamorphosis appeared to be traceable to certain cutaneous nerve fibrils, which were excited by cold. These nerve fibrils could also be aroused by other stimuli, such as strong salt baths, with the same effect of increasing tissue change. An interesting point in connection with these experiments was that these increased oxidation processes seemed to be located in the muscles, through their nerve supply, and that the muscles need not, for this purpose, be aroused sufficiently to produce visible contractions. This was made evident by experiments made upon animals in which the innervation of the muscles was placed in abeyance by arrow poison. In such animals tissue change was not only not increased by cold but was even reduced one-half.

Boetting and Zuntz concluded that the source of tissue changes in the animal economy when affected by cold lies in the innervation of the muscles, and this is confirmed by the trite physiological fact that the larger part of all exhalation processes occurring in the animal body may be traced to the muscles.

A conscientious and painstaking contribution to this subject is furnished by the excellent monograph on the behavior of tissue changes in hydropathic therapeutics by Dr. Alois Strasser, the intelligent and learned assistant of Professor Winternitz in the Allgemeine Poliklinik of Vienna, whose views I propose to reproduce as fully as space will permit.

Strasser refers to the fact which I have elsewhere insisted upon, that the action of all thermic irritants is reflex. The contraction of the peripheral vessels followed by the elevation of the tone of the vessels in the muscular tissues; the increase of cardiac activity by the reflex invigoration of the heart muscle through the increase of resistance in the circulation; the deepening and increased frequency of the respiration—all these are, as he correctly states, reflex processes, by reason of which a powerful change is produced in the biochemical functions of the organism.

"The entire exchange of products in the organism produced by the building up and destruction of its component elements is the effect of the vital activity of the cell, whose function we may trace in its various changes and gradations by means of more or less complicated methods, chiefly by investigating the end products arising from the destruction of tissues. These methods were also necessary in order to determine the changes produced by thermic irritants throughout the entire course pursued by the processes involved in tissue change.



Winternitz and Pospischi have shown the influence of thermal irritants upon the respiratory exchange of gases; they found in the very decided increase of oxygen consumption and  $\text{CO}_2$  elimination evidence that the oxidation processes in the body were powerfully enhanced by these influences.

Bartels was the first to ascertain the behavior of urea under the influence of vapor baths. He increased the temperature of a man by exposing him from twenty minutes to an hour and a half to a hot vapor bath, to a point beyond  $40^\circ \text{C}$ . During the first days of this artificial heat retention there was a pronounced diminution of urine down to 600 c.c.; the excretion of urea appeared to be increased; but on the fourth day, when the urine had gone down to 400 c.c., the first diminution was noticed in the urea excretion; on the fifth day, however, after the bath had been discontinued, the urine again increased up to 1,900 c.c., which was accompanied by an increased excretion of urea. Every rise of body temperature must be accompanied by an increased destruction of the elements of the organism, oxidation processes having, according to Naumyn, great similarity to fermentation processes, whose activity is in accordance with the height of the temperature. The result of Bartels' experiments confirmed this, inasmuch as the urea fluctuated between 21.9 and 24.9 gm. between the beginning and the termination of the bath period, while the largest amount of urea during the bath days was 34.6 gm. Naumyn confirmed Bartels' findings by a demonstration of the effect of simple heat retention in a puddle weighing 17.8 kgs., which produced a decided increase of urea (about fifty per cent). The same results were obtained by Schleich, who experimented on himself and two other individuals with warm baths of  $39^\circ$  to  $42^\circ \text{C}$ .; he discovered an increase of the entire nitrogen and urea excretions, which was followed after a time by diminution of nitrogen excretion in the effort to restore the disturbed nitrogen equilibrium. Kosturin, Godlewsky, and Richter confirmed these results. Senator and Makowiecky reached opposite results.

Formanek made some positive experiments to settle this question. He increased the temperature of the body by a hot-air bath of  $65^\circ \text{C}$ . for twenty minutes, followed by a vapor bath of  $41^\circ$  for fifteen minutes and terminated by a lukewarm douche. He ascertained that one hot-air bath or vapor bath scarcely changed the nitrogen, but that after two such baths had been taken on successive days a decided increase of nitrogen elimination was observed on the second bath day, which continued to the following day. Five hot vapor baths, taken during three days had a similar effect. It would seem, therefore, that much depends on the duration and intensity of the temperature elevation produced by the bath, which would explain the somewhat differing



observations previously made by others. The urea excretion kept pace with the movement of nitrogen; that is, when nitrogen was increased the uric acid was excreted in greater quantity. The examination of the blood showed each time diminished leucocytosis. (This result is in accordance with experiments of Lowey and Breitenstein, p. 57.)

"Experiments with cold baths upon the influence of tissue change are not so numerous, but the results almost completely agree.

"Donner found an increase of nitrogen elimination after a bath of 8° to 10° K., lasting half an hour; the same result was obtained by Flayard and Lepine in starving dogs, in which a very considerable increase of nitrogen elimination was produced by a bath of 4° to 2.5° C., lasting fifteen minutes.

"Formanek made some exact observations on this point also on a medical student. The results of these examinations, made with great care in order to eliminate errors, were as follows. After a single cold bath the excretion of nitrogen was scarcely changed, but when two cold baths daily were given on three successive days, so that a more decided abstraction of heat took place, the elimination of nitrogen in the urine increased markedly on the bath days—from 13.43 to 14.51 gm. The sum of all the nitrogen excreted by urine and feces was nearly 1.5 gm. larger than on the normal days, but it exceeded the quantity of the nitrogen taken in, so that during the six bath days an average of 0.59 gm. of nitrogen taken from the body albumin was excreted. The excretion of uric acid generally kept pace with the excretion of nitrogen. These experiments of Formanek are the only ones which reliably represent the influence of heat abstraction upon tissue change."

Strasser correctly insists that "all these experiments had for their object only the heating and cooling of the body, and, therefore, can have weight only as purely experimental physiological or pathological observations. They represent only partially those conditions which are in operation when thermic procedures are used for therapeutic purposes. The differentiation between brief and longer thermic irritations is lacking in these observations. Such, however, is imperatively necessary in judging their physiological action. A short application of cold must certainly act differently from a longer one; the former is followed by reaction, contraction of the cutaneous capillaries, and an active hyperæmia, while after a longer application, such as during cold baths of three-quarters of an hour, a veritable spasm of the cutaneous vessels ensues; after which the circulation in the periphery is restored much more slowly and tissue change is probably influenced not only quantitatively, but also qualitatively, in a quite different manner. Therefore these experiments which energetically abstract or increase

heat are not calculated to explain the effect of the usual hydropathic procedures. Our therapeutic procedures have a more or less combined effect, as douches, in which it is impossible to judge each of its component elements—duration, force of impact, etc., upon the tissue changes. Just as in the douche the chief effect is a thermic massage, we have in other procedures, as in half-baths, the co-operation of a second individual, who, by a mechanical effect, adapted to the case, contributes to the reaction obtained from the peripheral irritation.<sup>10</sup>

With true scientific insight into all the elements of this problem, Strasser made some investigations for the purpose of obtaining a correct idea of the total effect of the various factors involved in the water treatment. He subjected two individuals to cool and cold procedures such as are usually applied in hydrotherapeutic institutions. Without paying regard to the changes of temperature produced by them, he confined himself to ascertaining their effects upon tissue metamorphosis. He refers to similar investigations made by Russian physicians upon the effect of temperate (33° C.), cold (15° C.), warm (40° C.), and Scotch douches (45° and 15° C.), of four minutes' duration. These showed an increase of nitrogen change, principally after the Scotch douche and the cold douche. The N assimilation was increased about 1.84 per cent in four cases reported by one of these observers, after cold douches (17° to 25° C.).

Strasser subjected two young men, eighteen and twenty-eight years old, to an experiment, measuring the daily amount of nutriment, the urine, the faeces, etc. The principal procedure used was the half-bath, which abstracts most heat because the surface of the body is longest in contact with the cold water and the mechanical action is comparatively slight as compared with douches, etc. As is usual, the patient was dried after each procedure and exhibited a good reaction at once.

Without entering into the detailed results of each examination, and omitting the tables accompanying the report, which seemed to have been compiled with the greatest care and skill, we will relate the results.

*"The excretion of nitrogen was decidedly increased during the bath period. The organism did not respond to the first attack of the peripheral thermic and mechanical irritation with the largest excretion of nitrogen; only on the second day did the greatest reaction occur and the irritation reach its highest point of effect. In the other case there was at once a rapid and powerful rise of N excretion. The maximum increase amounted on the first day to*



32.2, the minimum on the third day to 11.33, the average being 16.43 per cent.

"This increased N excretion must be ascribed directly to increased activity of the organism—a more active change of nitrogen in the sense of the better utilization of the food. The promptness with which this effect occurred is evidence of this fact, as is also the circumstance that the fecal nitrogen was diminished at the same time that the urine nitrogen was increased—a condition which was uniform in both trials."

In a second series of observations made to confirm or reject the findings of the experiments referred to, Strasser\* formulates his results as follows: "Hydriatic procedures constantly increase the assimilation of nitrogen, the increase differing in intensity in different individuals; a diminution of body albumin does not necessarily occur if the nutrition is sufficient, but on the contrary even during the procedure albumin may be added. Reaction does not seem, in the majority of cases, after a duration of three days' treatment to increase the effect of this stimulation. Nevertheless a larger number of clinical observations have established the fact indubitably that assimilation is decidedly and enduringly enhanced by water treatment, provided the latter is sufficiently prolonged."

A recent contribution by Graessner† demonstrates that Strasser's results are correct, without impugning results obtained on healthy individuals by cold baths not administered *secondum artem*, but by physiological experimenters.

Graessner justly differentiates between the different stages and forms of the cold procedure, and shows what every experienced hydrotherapeutist will freely grant. During the first stage of a cold procedure there is an increase of muscular action, voluntary and involuntary, which increases oxidation. Graessner, who has a large experience at Nauheim, declares that there is no such increase of oxygen intake in the CO<sub>2</sub> bath, because the patient is made to keep quiet, and the "shock" is neutralized by the warming effect of the CO<sub>2</sub> globules. He claims that when reaction takes place, either no change or a diminution of oxidation ensues, followed by a restitution of albuminates in all the organs of the body, and this again is followed in from one to one and one-half hours by a slight rise of rectal temperature and an increase of all oxidation processes. He attributes the latter to the prevailing state of quiescence, which Winternitz and Pospischal attrib-

\* "Fortschritte der Hydrotherapie. Festschrift zum vierzigjährigen Doctorjubiläum des Prof. Dr. W. Winternitz," herausgegeben von Dr. A. Strasser und Dr. B. Buchbauer. Wien: Urban und Schwarzenberg, 1897, p. 242.

† Archiv für Physikalisch-diätetische Therapie, 1901, 2, pp. 7-9.



uted to fatigue and exhaustion of the striated and non-striated muscular structures, following the powerful excitation of cold, but which he compares quite ingeniously to the nutritive processes which transpire during sleep. He claims quite correctly that this is proved by clinical experience. It may often be observed that the body fat diminishes under judicious hydrotherapy and muscular tone increases.

*Urea.*—The most important final product of N tissue change is urea, being the result of vital activity of the cells in general. As the largest ultimate ingredient of the urine, urea is subjected to all the coarse fluctuations of N excretion; hence the absolute quantity of urea in Strasser's cases was decidedly higher on the days of large N excretion. The largest increase in the first case was 18 per cent, the average 10 per cent; the largest in the second case was 25 per cent, the average 21.1 per cent.

The rise of urea during the bath period is explained by Strasser by the increased supply to the organs concerned in preparing urea, brought about by the more active circulation arising from reflex irritation; the fact that the relatively increased urea production lasts beyond the N increase he regards as evidence that the increased capacity of the organs and cells concerned in preparing urea, which is aroused by the thermic and mechanical irritation of the skin, continues as a kind of heightened tone even after the original irritation has ceased. These findings have also been confirmed by Vinaj and Vietti.

*Uric Acid.*—Our views of the nature of uric-acid formation and excretion have recently been modified. While formerly uric-acid formation was regarded as standing in a causal relation to the quality of the food, and it was regarded in the same light as urea, as an end product of albuminous tissue change, the doctrine of the formation of uric acid from the nuclein bases has become more prominent recently. The absolute quantity of uric acid was increased, in the first case, during the bath period as much as 38.6 per cent, the average increase being 20 per cent, and on the day after the bath period there was a further increase of 6.8 per cent, a total, therefore, of 35.4 per cent. In the second case we have a very considerable absolute increase of uric-acid excretion without any changes of relation to the total nitrogen.

The largest absolute increase during the bath period was 27.5 per cent, the average 19.1 per cent; in the after-period it fell 11 per cent, so that there was still a plus of 8.2 per cent over the period before the bath. The relative proportion to the total nitrogen remains about the same in all periods, which points to a parallel course and therefore to a similar reaction of the applied irritant.

According to Heberczewski, we must regard the formation of uric

acid as directly depending upon the breaking up of white blood corpuscles. It is therefore not difficult to account for it by the breaking up of the leucocytes which follows the abundant leucocytosis produced by peripheral irritations through cold (as has been demonstrated in hundreds of cases).

*Phosphoric acid.*—This constituent of the urine is derived under normal conditions chiefly from the food; the equilibrium of phosphorus may be easily maintained in man by a regular supply of it.

We may obtain a key to the physiological progress of digestion and of the processes of destruction of certain albuminoid body elements during the period of excretion from the relative proportion of  $P_2O_5$  to the total nitrogen. In both cases the large absolute and relative increase of phosphoric acid during the bath period on the one hand, and the sudden rise of the relative  $P_2O_5$  quantity on the other hand, are striking. In the first case the largest increase occurred on the first day, reaching one gram (about 44 per cent), the average quantity during the bath period being increased by 35.5 per cent; and the plus increase after the bath period still was 15.5 per cent. The absolute increase of elimination in the second case was on the second day, amounting to 26.5 per cent; the average increase during the bath period was 23.8 per cent; in the after-period the quantity excreted was still 14.4 greater than before the bath period.

Strasser claims that the relative increase of  $P_2O_5$  after hydropathic procedures is due to the increased breaking up of phosphorus-containing organisms, and he regards the blood cells, which are rich in nuclein or leucithin, as the source of the excessive phosphoric acid; in other words, the breaking up of blood cells furnishes the  $P_2O_5$ .

According to the investigations of Winternitz and other observers, it has been positively ascertained that thermic irritants, especially cold, acting upon the periphery, produce a very pronounced increase of blood cells, whether this takes place in the liver or elsewhere, and thus the increase of the products arising from the destruction of the blood cells may ensue. Uric acid and phosphoric acid may originate in the nuclein arising from the nuclei of the leucocytes; phosphoric acid may also arise from the leucithin of the red blood cells. Thus may be explained the greater increase of phosphoric acid over that of uric acid, inasmuch as the former can be produced only by the comparatively few leucocytes, while the latter comes from both kinds of cells.

Moreover, it is possible that red blood cells may break up, even in the circulatory tract, as has been shown by numerous investigations on paroxysmal hæmoglobinuria, in which all authors agree that the blood cells are directly destroyed under the influence of cold.

In the last experiments\* Strasser discovered that only a small pro-

\* *Lancet*, cit.



portion of the increased phosphorus excretion originates in destruction of tissues. It appeared from these that a considerable increase of this excretion is to be ascribed to a greatly enhanced absorption of nutritive phosphorus from the intestinal canal, and that only a small amount (averaging 0.018 gm.) is derived from the tissue elements. Strasser extended his observations in order to ascertain the character of phosphorus increase, and discovered the peculiar fact that the entire increase is in the alkaline phosphates and that the earthy phosphates remain unchanged even during the bath period. It remains therefore established that the absorption of phosphoric acid is intensely enhanced by hydropathic procedures. That this increase concerns only the alkalis does not controvert this fact. Indeed, it becomes valuable in ascertaining the source of the small remnant of phosphorus which does not seem to be covered by its diminution in the faeces. As the remainder consists only of alkaline phosphates, it cannot come from the bones, but, as shown by the first experiments, its source is in the destruction of blood cells.

*Ammonia.*—This constituent of the urine is a product of general albumin changes. In these experiments there was an absolute as well as a relative increase of the excretion of ammonia, but the relative increase, which has great significance, was, especially in the second case, much less than might be expected after the great increase of the total tissue change, and especially of the phosphoric acid.

Its absolute increase is indeed very large, amounting in the first case during the bath period to 52.5 per cent, the average being about 42 per cent; in the second case the largest increase was 42 per cent, the average 36 per cent. In the after-period the quantity of ammonia fell so rapidly that it was 33 per cent less than before the bath period in the first case; and in the second case it remained 39 per cent higher.

Strasser expected a larger ammonia excretion after thermic procedures, because under increased decomposition of albumin more organic acids are formed which require ammonia for their neutralization. It is a well-known fact that only those acids contribute to acidification in the organism which do not burn up into carbonic acid and water, and nothing is more plausible than that these organic acids, being burnt up by the powerfully increased oxidation of the tissues due to thermic procedure, are no longer capable of exerting an acidifying action upon the organism.

In his second series of experiments\* Strasser found a complete confirmation of this view. He says that there is no escape from the idea that under cold hydropathic procedures acidifying materials are removed or

\* *Ibid. cit.*



at least destroyed. Inasmuch as inorganic acids not only are not decreased, but are even increased, only such acids can be destroyed, a result which seems quite plausible under the powerful excitation of oxidation induced by hydropathic procedures.

Schöpping\* has demonstrated positive increase of ammonia excretion, which, however, he attributes to a formation of acid products.

*Extractives.*—Under this heading Strasser calculated a number of elements containing nitrogen (kreatin, xanthin, etc.), which in the normal condition make up seven-eighths of the entire N quantity.

The quantity of these extractives sank after the bath period to 1.5 per cent, showing that the largest portion of the nitrogen was used up for the formation of the normal end products of tissue change, thus leaving but a small portion for these extractives.

Strasser concludes his valuable observations with the statement that the effect of hydrotherapy upon tissue change is to be explained by the influence of these procedures upon the activity of the living organism. From a series of carefully conducted observations, Vinaj and Vietti† (the latter being the subject of experimentation) conclude that the course of tissue change was decidedly changed on the days on which hydropathic procedures (morning full bath 35–40° C.; afternoon shower bath of 10° C. with fan douche) were taken. These notable changes were evidenced by perceptible increase of albumin changes; absolute and relative increase of urea and total nitrogen, as well as an increase of phosphates, chlorides, and ammoniac. Diuresis was enhanced and there were slight fluctuations in the reaction of the urine.

Ziegelholf‡ offers the following demonstrations of the effect of cold hydropathic procedures upon cellular oxidation. "If a tub filled with one-hundred litres of water at 18° R. is placed in a room of 15° R., for ten minutes, the water loses during this time two-tenths of a degree R. If a normal adult, weighing seventy-two kilograms and having a mouth temperature of 36.7° C., be placed for ten minutes in another tub of water at 18° R., the latter temperature will rise 0.8° R.; i.e., the hundred litres of water has been raised nearly  $\frac{1}{4}$ ° C. by the individual who has lain quietly in it. In order to raise one hundred litres of water  $\frac{1}{4}$ ° C., 125 calories are necessary. Hence the individual bathing has given off in ten minutes 125 calories without any reduction of his own temperature. On the contrary, the thermometer shows a sudden increase of 0.2° C. at the moment the individual is placed into the cool water, and his temperature remains elevated as long as he lies in the bath.

\* *Deut. Arch. Med.*, lxxix, p. 311, 1905.

† "Hydrotherapie und Stoffwechsel," by Dr. G. T. Vinaj and Dr. S. Vietti. *Bücherf. Allg. Hydrotherapie*, 1903, 5, 17 seq.

‡ *Deutsche Medicinal-Zeitung*, 53, 1902.

The author has obtained similar results in the Vanderbilt Clinic, under observation of Drs. Shroy, Wittson, and Ueghara. Into a tub containing 273 litres of water at room temperature (73° F.) a man with normal temperature was placed for ten minutes, without moving. After the bath his temperature was 0.1° F. higher. The water temperature had risen 2° F. This proves that during a bath of ten minutes 273 litres of water were raised 1.5° C. and therefore 335 calories were produced during this bath of ten minutes.

The observations of Rubner and Ignatowski\* furnish the same results on the human subject. There is an increase of heat production after cold as well as hot baths, with secondary results which clearly indicate cellular activity and consequent tissue change.

The significance of the loss of calories is enhanced when we consider that this is a large portion of the entire number of calories furnished by the normal organism in twenty-four hours. The experiments of Frankland and Rubner have shown that one gram of albumin furnishes about 6 calories; 125 calories therefore correspond to 30 grams of albumin. That this is an enormous enhancement of tissue change resulting from a rather mild bath is self-evident. Larger baths, which are usually resorted to when an enhancement of tissue metamorphosis is aimed at by hygienic procedures, must insure such a result, as is evident from the author's experiment.

Linsler and Schmidt† experimented on patients affected by ichthyosis who perspired very little or not at all and therefore readily evidenced an increased body temperature. They found that there is little if any increased breaking up of albumin under 39° C. (102.2° F.), but that it increased regularly at a body temperature of 40° C. (104° F.) or over. They concluded that in fevers not reaching 104° F. the increase of albumin decomposition is due exclusively to the infection. By adding carbohydrates to the diet in artificial hyperthermia, the albumin destruction could be limited, but not to the same extent as in normal temperature conditions. Accompanying the total increase of the nitrogen excretion the values for urea, N, ammonia, and diacid NO, and phosphoric acid were raised. Hot baths which produced hyperthermia in men always produced a decided rapidity of respiration with deepening of the inspiration. There is a decided increase of oxygen intake, amounting sometimes to 100 per cent, and CO<sub>2</sub> exhalation may be increased to 40 per cent when baths over 104° F. are taken.

\* *Archiv f. Hygiene*, 1903-4.

† "Ueber den Stoffwechsel bei Hyperthermie," *Deutsch. Archiv f. Allg. Med.*, 1903, Bd. 73.



Thus is it mathematically demonstrated that the physician holds a powerful therapeutic weapon in these procedures, which, rightly used, may furnish results beyond those obtainable from any other known agent.

#### INFLUENCE OF HYDRATIC PROCEDURES ON TEMPERATURE.

Physiologists are in accord in maintaining that the temperature of a living part or organ depends upon the amount of arterial blood circulating within its tissue. The fact that venous blood returning from an organ in a high state of functional activity is warmer than the arterial blood passing into it, is alone sufficient evidence of the proposition that the arterial circulation is an important element in the equalization of the body temperature. All tissue change, all organic action, is in direct ratio to the quantity of arterial blood circulating in an organ, and therefore depends upon vascular activity, by means of which excretory and secretory elements are carried to and from it. The accumulated heat in the organs is equalized by the streams of blood which constantly pass through them. Hence the flow of arterial blood controls temperature variations, to some extent. The effects of hydratic procedures upon the circulation, respiration, and tissue change have been fully enlarged upon. It remains now to demonstrate how, by utilizing this powerful influence, we may reduce or elevate the temperature in the human economy. That the application of baths of various kinds is potent in this direction has been accepted since the primitive days of medical investigation. Indeed, the idea that *reduction of temperature is the chief if not the sole attribute of the bath* has so strongly rooted itself in the professional mind that it is difficult to dislodge it to-day, when we have come to realize that this is only one of its valuable manifestations.

It has been shown ("The Skin as a Heat Regulator," page 27) that there is no evidence to prove that the influence exerted by external thermic agents is traceable to the heat-generating centres. There is abundant evidence, however, to prove that this influence is directly exerted upon that most important heat-regulating agency, the peripheral cutaneous circulation, aided in cold procedures by the production of heat in the muscles, which are more or less contracted involuntarily, as is evident in the chill produced by uncomfortably low temperatures, against which the organism defends itself in this manner. The mode of action in this direction is twofold.

I have referred to the well-known fact in physical science that two bodies of different temperatures, by coming in contact, will at once make an effort to equalize their respective temperatures. This law applies to inanimate bodies, however, and is only applicable to the



living body up to a certain point, because the latter is endowed with compensatory powers which enable it to resist dangerous encroachments from external temperature agencies, and which have been illustrated fully in the chapter on temperature regulation.

The utilization of these compensatory powers enables us, as will be shown, to influence the temperature of the body powerfully in diseased conditions, in which the comfort and safety of the patient are jeopardized by long continuance of elevated temperatures or to enhance tissue change and processes of elimination by elevating the body temperature for a longer or shorter period—an effect which no medicinal agent is capable of accomplishing.

I have referred to the important fact that the temperature of any portion of the body surface may be reduced or elevated by its contact with media of different temperatures, until the death of the part by freezing or scalding occurs, and that the inner parts are protected against further destructive invasion by the intervention of the dead part. I have also endeavored to emphasize the fact that temperatures whose effects fall short of destroying parts are prevented from penetrating to the deeper tissues to any extent, because the collateral circulation is enhanced in the muscular structures, endowing the parts invaded with increased vitality and resisting capacity. The well-known facts that the muscular tissues are bad conductors, and that the tonic contractions of the muscles aroused by the application of cold tend to create more heat, have also been dwelt upon.

Inasmuch, therefore, as the external parts of the body are well defended against the direct injurious invasion of thermic agencies, our means of reducing or of elevating the temperature of the body by hydropathic procedures are very meagre in health, although in disease their action is more pronounced. These effects upon temperature may be obtained for comparatively brief periods only, demonstrating that the antithermic uses of water are far less valuable than its other qualities in febrile conditions.

The sooner this important point is mastered by the profession the better; for, as just stated, the fallacious idea that cold baths, for instance, reduce temperature by the direct effect of the cold is still so firmly fixed in the minds of many otherwise well-informed men that it is regarded as axiomatic. This is one cause of the misinterpretation of the rationale of the cold bath in fevers, which has been a serious obstacle to the popularization of this life-saving measure. *The truth is that the colder the bath the less action is its power of reducing internal temperature.* The temperatures taken in the mouth and axilla are fallacious. Errors have crept into the estimation of the effects of cold baths upon temperature reduction, by reason of the measurement being taken in the axilla, as still seems customary in some parts of Germany,

or in the mouth, as is mostly done for convenience in this country. Careful observation will bring the conviction that if a thermometer be held long enough in the mouth, axilla, and rectum simultaneously the temperature will register almost exactly alike, the difference being governed by the excess over normal temperature present. The farther the body temperature is removed above the normal, the more nearly alike will the three records be. In fevers they will register equally well after a ten minutes' trial, a higher temperature requiring a shorter duration. But after a cold bath, when the skin is the first and chief part of the body cooled, the axillary temperature is absolutely unreliable, and the mouth temperature does not correspond with that of the rectum, if the duration of the measurement be the same (five to ten minutes) as before the bath.\* I have often seen the mouth temperature after a fifteen-minutes' bath of 65° in typhoid fever reduced to 99°, when the rectal temperature indicated two degrees higher, although both were carefully taken for five minutes.

This point had never been referred to before the appearance of my book on "The Uses of Water in Medicine." It being a clinical fact, however, which admits of no doubt, I must insist upon it here, as I shall do elsewhere, also, in order that the unreasonable prejudice against the cold bath, which had its origin in the *idea that its antithermic effect is in proportion to the low temperature of the bath, may be removed.* The fact is, as shown by Liebenmeister,† that, during the action of extraordinary heat abstraction from the external surface, if its intensity does not exceed certain limits, the inner temperature of the body does not fall, but even rises a little. This observation is confirmed by Aubert, Corstke, and others quoted by Hayem in his "Leçons de Thérapeutique."

Ignatowski‡ has clearly demonstrated, by an improved calorimeter,

\*The author had occasion to demonstrate these facts to the very able and courteous physicians of two of the largest hospitals in Germany. A patient with typhoid fever who, when axillary temperature reached 39° C. (102.2° F.), had received baths of 33° C. (91° F.) with affusions of 36° C., three times daily, with a reduction of one degree Celsius, was assumed at my suggestion before the bath in recto, mouth, and axilla, all of which registered 39° C., because the thermometer was held ten minutes. After the bath (33° C. for six minutes, without friction) the axillary temperature was 38° C., the mouth 38.4°, and the rectum 39° C.; the bath was therefore undamaged as had been predicted of so short a bath. In the other hospital the patient's temperature before a bath of 33° with three affusions of 35° C. and some friction, the axilla registered 40.5°, rectum 40.4°; after the bath, axilla 39°, rectum 39.7°, the thermometer being held fifteen minutes, or until I protested that in half an hour or more there would be a complete return of the external temperature by friction. The loss of time involved in axillary measurement and its false evidence after the cold bath are serious objections.

† "Handbuch der Pathologie und Therapie des Fiebers," p. 192.

‡ Archiv f. Hyg., 1904, 51.



which was provided with an anemometer for the exact recording of radiated heat, and a hygrometer for determining the evaporated moisture, that even baths of such temperature and duration as are applied in practice produce the same effect.

There is an increase of heat production and a disinclination of vaporization which may continue for two hours unless reaction is established. When the latter occurs, as is usually the case, there is always a slight rise of the rectal temperature.

The most important temperature effect of thermic agencies, externally applied, lies in the immense power the latter afford over the cutaneous circulation. The investigations of several physiologists referred to show that when a portion of the skin is moderately heated the temperature of neighboring portions is lowered, and that when cutaneous surfaces are moderately cooled, the neighboring structures present a proportionally higher temperature. This effect is traceable to the collateral anæmia produced by afflux of blood to the surface to which warmth is applied, and by the driving of blood from the surface to the inner structure when cold is applied.

Fleury, who has done so much in France toward explaining hydropathic procedures upon physiological principles, offers the following results deduced from careful experiment: "Dipping the body into moderately cool water (48° to 58° F.) for thirty minutes reduced the temperature of the surface, while the inner temperature did not change at all. The more cooled the application the colder it was made, and the higher the surrounding temperature the more rapid and complete was the reaction. The reaction entailing the re-establishment, and even the increase, of the previously existing temperature depended upon the conduct of the patient after the applications, it being more rapid and complete after active and passive exercise of the parts, especially in a warmer surrounding medium.

*These simple facts have again and again been verified by numerous reliable authorities, and may, if properly grasped lead to a correct understanding of many seeming procedures in hydrotherapy.*

In health the effect of hydropathic applications upon the temperature of the body is almost nil, because the compensatory agencies referred to are constantly on guard to maintain the normal equilibrium.

While the circulation and respiration may be readily affected in health by thermic and mechanical irritation conveyed by the application of water to the cutaneous surface, the internal temperature responds to its influence only to a very slight extent.

The temperature effect of cold hydropathic procedures is therefore in health mainly perceptible on the cutaneous surface, i. e., externally only. Even in disease much depends upon the individual pathological conditions which give rise to temperature elevation. It will be shown, for



example, that clinical observation has demonstrated a great resistance of the high temperature in the early days of typhoid fever to hydropathic procedures. Rarely, if ever, will any cold bath reduce the temperature more than two degrees in the first week of the disease, while in *croupous pneumonia* even a moderately cold bath (85° to 80° F.) may reduce the temperature from two to four degrees.

It is well, at the outset, therefore, to realize that *the long-proven fact* *idea that in its capacity of reducing temperature lies the chief strength of cold procedures is fallacious.*

*The Effect of Heat* applied upon the cutaneous surface is more pronounced. The investigations of Liebermeister,\* Bach†, Topp‡, Moser,§ and H. Wintermüller|| show that the internal temperatures of the body are positively raised by prolonged hot baths, which limit the diffusion of heat. There is no systemic reaction to intensify the heat production. On the contrary, every effort is made by the organism to restore the equilibrium, as during cold applications. Hence the increase of internal temperature is almost entirely due to the contact of the hot medium with the skin, and the latter's inability to radiate and diffuse heat. During the hot-air bath, in which there is little interference with heat radiation and diffusion by perspiration, the internal temperature rises, as we have observed in hundreds of instances, from one-half to three degrees Fahrenheit.

Ignatowski's¶ experiments have confirmed this observation and added exact data regarding heat production, gain and loss, besides the important element of vaporization of moisture after hydropathic procedures. Although the data are not always uniform they are sufficiently so to deserve attention. One experiment will be cited to illustrate: F. was placed in a tub-calorimeter having a water temperature of 39° C. (102° F.) for 15 minutes. The bath water gave up to the body 26.7 calories in 15 minutes; weight before the bath 53.5; after it, 53.2; gain in axillary temperature, 0.3° F.; the organism was heated 0.7° C., *i. e.*, it received 37.32 calories. The same subject being placed into a tub of water at 42.5° C. (108.5° F.) received 98.25 calories; the axillary temperature increased 1.11° C. = 61.451 calories; there was a loss of 100 per cent in vaporized moisture and latent vaporized heat.

Although there is an increase of heat production during the hot bath, this is far below that obtained after cold procedures; in the former it amounts to about 30 per cent, in the latter to 1,300 per cent.

\* *Handbuch der Path. und Therapie des Fiebers*, Leipzig, 1875.

† *Bach: Verhandl. des XII. Congress. f. innere Med. (u. Wiesbaden, 1893.*

‡ *Topp: Therap. Monatshefte*, 1894.

§ *Moser: Virchow's Archiv*, Bd. 54.

|| *H. Wintermüller: Loc. cit.*

¶ *Loc. cit.*

It is evident that heat dissipation is increased immediately after the cessation of a hot procedure, and that it depends upon the degree of previous warming. The escape of watery vapor is distinctly increased (sometimes doubled or trebled in comparison with the normal) and represents the cause of the increased heat dissipation, although loss by radiation and conduction remains practically unchanged. The heightened temperature falls in the secondary period, at first rapidly, later gradually in the course of about two hours; then there is noted a secondary rise previous to which the temperature may be lower than it was prior to the bath. The usual difference between the axillary and rectal temperatures ( $0.5^{\circ}\text{C.}$ ) is increased immediately after the hot bath by reason of heat absorbed by the skin. Heat production sometimes diminishes immediately after the bath, still it frequently rises. Moderate warming of the body always results in an increase of heat production which after the lapse of one or two hours is always still above that existing before the bath. Thus in an individual taking a bath of  $35.5^{\circ}\text{R.}$  ( $112^{\circ}\text{F.}$ ) of two minutes' duration there was an increase:

Of water vaporization from g.	12.7	to g.	22.39;	1 1/2 hours later it was g.	15.67
" latent heat	"	7.4	" 53.1;	"	9.1
" heat dissipation for 1 hour from 19.8 to g.	22.5;	1 1/2 hours later it was g.	21.2		
" " production	" 1/2	" from 7.04	" 12.06;	"	16.46

From these observations it is evident that while the application of warm, like that of cold, water inaugurates in the organism decided changes in heat production and heat dissipation, changes which will be shown in the clinical part to be capable of valuable therapeutic utilization, the compensatory processes of the organism restore the temperature equilibrium in health so completely that the final effect is negative so far as temperature elevation is concerned, just as has been shown in the case of cold procedures.

## CHAPTER V.

### REACTION.

THE most striking results of hydrotherapy are obtained from cold water applied to the cutaneous surface, from which its constricting action drives the blood into subjacent vessels. This action of cold water (below 90° F.) is followed by a filling of the previously constricted vessels, which process, together with certain other phenomena, refreshment, toning, and heightened function, constitutes reaction. The author does not regard the therapeutic effect of warm water (above 90° F.) applied to the skin as due to the reactive process, for reasons which appear in his explanation of the rationale of procedures having a temperature above that of the body.

Since the largest proportion of the procedures to be enumerated and described depend upon the reaction they evoke, it becomes necessary to consider this important process before proceeding to their technique.

Reaction after cold-water applications may be defined as the response of the organism to temperature incursions. Greater or less activity of the functions of the organism is, as has been shown in the preceding pages, the result of this defensive effort of the organism to readjust the equilibrium disturbed by the intrusion of cold. In infectious (acute) diseases this enhanced activity of the organic functions is utilized, as will appear in the clinical part, by its judicious gradation, for the maintenance of the patient's resisting capacity and for tilting him over dangers which menace the life-sustaining organs under the menace of toxemia. In chronic diseases this enhancement of vital activity invoked by reaction after cold-water applications becomes of paramount value in restoring functions which have been rendered dormant or abnormally active by faulty modes of living.

The study of reaction derives its interest from these clinical facts, for only by clearly understanding the manner of its production, its rationale, and the influences which increase or diminish it, may we attain to that perfection of hydrotherapeutic technique which enables the physician to modify and adjust its varying phases to the removal of pathologic states or functional abnormalities.

Reaction after cold-water applications is the resultant or secondary



physiological effect of the latter upon the sensory terminals and vessels ramifying through the skin.

Clinical observation has established two forms of reaction, which, though usually acting in combination, must be considered separately.

1. *Nerve (Reflex) Reaction.*—At the risk of reiterating trite facts, the action of thermal irritants upon the sensory nerve terminals in the skin demands consideration. It is a recognized physiological axiom that such irritants cause local excitation, and that the latter is not confined to the surface irritated, but is at once conveyed upon sensory tracts to the central nervous system and reflected thence to other parts. Cold being a thermal irritant, it is not difficult to trace most of the notable effects of hydrotherapy upon the above simple physiological law. That these therapeutic results from the application of cold water cannot be rivalled by medicinal agents is matter of daily experience. Nerve reaction is manifested when the central nervous system is aroused to respond to the demand made upon the cutaneous sensory terminals by cold applications.

The first palpable evidence of nerve reaction is the sudden gasp and strenuous breathing—a phenomenon so familiar to the practitioner as its rationale is to the physiologist. The immediate effects of cold sprinkling upon a fainting person and in the resuscitation of the still-born infant are examples of pure nerve reaction.

The final effect of nerve reaction is evident in the refreshment of the entire organism after a properly applied cold procedure. In health the man whose reactive capacity enables him to indulge in the morning cold plunge testifies to this result by his ruddy appearance and sense of general invigoration. In disease each bath or other cold procedure gives a fillip to the depressed nerve centres and sends new life to the organs depending upon them for functioning force. The whole machinery of the organism receives an impetus which endures a longer or shorter period in proportion to the temperature, duration, and technique of the cold procedure. Whoever has witnessed how the dull eye of a typhoid patient brightens, and how the apathetic countenance disappears after a cold friction bath; whoever has seen him lapse after a properly administered cold procedure, from muttering delirium or coma vigil into a gentle slumber, must be convinced that the rapidity of the salutary effect can be attained only through an influence over the central nervous system.

That the degree of nerve reaction differs as the extent and degree of cutaneous excitation differ is a subject of daily observation and a fact based upon established physiological law. In the clinical chapters the application of the latter to the "dosage" of hydropathic procedures will be clearly demonstrated, and it will be shown in the

slighter on Hydratric Prescriptions how failure to obtain the best results may be traced to a disregard of the plain physiological laws upon which hydrotherapy is based.

2. *Vascular Reaction*.—The primary effect of cold applications upon the vessels is a constriction of the muscular and elastic fibres enveloping the capillaries and arterioles of the skin—this is *constriction*; the secondary effect, return of blood to the previously emptied vessels—this is *reaction*.

The effect of thermic excitations upon the arterioles and capillaries which ramify in the skin has been fully discussed. The following data may be accepted as established:

(a) That the vessels lying in contact with and beneath the point of a cold application are immediately contracted by the muscular and elastic cutaneous fibres, in proportion to the degree and extent of the procedure, and the blood is accumulated in the interior, chiefly in the intra-abdominal vessels.

(b) That the removal of the cold from the skin is followed by a replacement of the blood which had been driven out of the arterioles and capillaries in proportion to the degree of cold and duration of the procedure.

(c) That prolonged or intense application of cold to the skin prevents reaction by reason of narrowing of the arterioles and thus limiting the supply of arterial blood needed for the inauguration of reaction by the capillaries of the skin.

(d) That arterial blood rushes into the empty vessels with avidity, while venous blood flows back more sluggishly (Bier, *Exp.* 27 and 28, p. 29), *loc. cit.*) after withdrawal of the cold.

Thus we obtain a clear conception of local reaction after cold procedures. The action of the latter upon the part receiving it starts a physiological process which is at once interesting and of vast import in the production of general vascular reaction, through whose agency those striking influences upon hæmatics, nutrition, secretion, and excretion are obtained which have been fully discussed above.

*Vascular reaction* is manifested by a more or less active filling of the cutaneous vessels. The ruddy appearance of the skin demonstrates that it owes its origin to an enhancement of the normal resiliency (tone) of the muscular elastic fibres which control the cutaneous capillaries. It is also proved by the rapidity with which blood flows into a part from which it has been driven by pressure of a finger from a reacted spot as distinguished from the sluggishness which characterizes its return to an unreacted (cyanotic) part; in the former the endothelial cells of the capillaries and the cutaneous muscular fibres are stimulated by the return of arterial blood, especially when friction

is applied; in the latter they are in a state of cyanosis and partial paralysis which may often be removed by mechanical excitation (friction).

That brief applications of cold stimulate the local circulation, especially when aided by friction (which is invariably utilized in combination with most hydrotherapeutic procedures), is proved by their value in frost-bites, which present a true paretic hyperemia of the cutaneous vessels.\* I hold that this reaction is but an increase of the normal activity of the arterioles and capillaries.

What is the effect of this local vascular reaction upon the heart and larger vessels? Again we find the answer in established physiological facts, viz.: whatsoever improves the peripheral circulation affects favorably the heart and large vessels, which depend upon the integrity of the former for normal action. In abnormal conditions (infectious fevers, etc.) this interdependence of the peripheral (cutaneous) circulation with the heart is of enormous import in their therapeutics, as will be shown.

The local sensory excitation and the local vascular reaction being the starting-points of the general reaction, their combined effect is manifested after a more or less lapse of time by the phenomenon known as general reaction.

*Conditions Influencing Reaction.*—Reaction depends upon certain conditions, with which the hydrotherapist must familiarize himself if he would obtain the full benefits of a cold procedure: (a) Condition of the patient's skin; (b) locality and extent of the surface treated; (c) duration of the treatment; (d) addition of mechanical or other aid; (e) physical and psychic state of the patient; (f) stage of the disease.

(a) The average temperature of the nude human skin is in the neighborhood of 90° F. The difference between the skin and water temperature being the chief element in determining the reaction of the patient, it is evident that a water temperature near 90° F. would be neutral or indifferent, while a water temperature considerably below 90° would become a decided thermic excitant with proportionate reaction. The knowledge of this fact is utilized in arousing a fainting woman, and in chronic cases by elevating the cutaneous temperature in hot-air baths, in order to increase the temperature difference between the skin and water.

This physiologic fact, supported by positive clinical evidence, en-

\* In the dissonant views expressed by Winternitz, Mallet, Martin, and others the distinction between local and general tonic action of cold applications is not drawn with sufficient clearness. The differences in the views advanced by these writers may be reconciled, it is hoped, by the author's reconstruction of the theory of reaction.



enables us to formulate the hydrotherapeutic law that: *The difference in intensity of effect is in proportion to the difference between the temperature of water and skin.*

(b) The locality and extent of the part treated influence general reaction, not only clinically, but also physiologically. Goldscheider has experimentally confirmed what Charcot and others have long ago noted upon clinically, viz., that certain parts of the body possess a finer sense for cold than others; e.g., while the back displays a very intense susceptibility to cold, the vicinity of the spinal region is decidedly less sensitive (*Charcot double*). Moreover, those parts of the cutaneous surface which have a better vascular supply offer a better response to cold (reaction).

The extent of the point of application must of necessity become a potent factor in the subsequent reaction. In health this fact may be noted in the difference between the refreshing effect of a morning cold ablution of the face and that of a plunge into a tub of cold water; in disease it is utilized when the asphyxiated newborn is sprinkled with cold water in mild cases, while in the more intense cases the entire body is plunged into cold water to increase the thromic excitation and consequently the reaction which sets the wheels of life into motion.

(c) That the duration of the cold procedure is an important element in the production of reaction is demonstrated by the physiological action of cold upon the skin. A prolonged application of intense cold (icing or coil) first drives the blood from the arterioles, and if continued narrows them so that they fail to supply arterial (bright red) blood to the surface vessels. The result is a cyanotic, indicating a passive, stanic state of the local circulation. A brief or expulsive application of ice, on the contrary (as with Haro's ice rub), leaves the skin rosy and succulent. Let any one dip one hand into water at 40° F. for 2 seconds, and dip the other into the same water for a minute or longer; in the first case reaction will ensue on removal, the nails will be pink, etc., while in the latter the hand will remain chilled, the nails will become cyanotic, and reaction will ensue slowly in accordance with the duration. This fact is utilized in beginning treatment, i.e., before the patient's reaction is ascertained. In fevers and other deprecoated cases, a rapid ablution at 70° may be of service, where a full bath of 70° (Brand) may do irreparable damage; an affusion or a cold dip would be of immense value, owing to their brevity, while a prolonged bath of the same temperature would be harmful.

(d) The addition of mechanical or electric excitation may aid while their cessation may mar reaction. So long as the cold bath shall be regarded as a temperature-reducing (antipyretic) agent and be applied

without friction (I have seen it so applied in two of the largest hospitals in Germany in October, 1902), its effect will be disappointing, because the cold will be made more intense in order to obtain a more intense effect, as is done with other remedial agents. The falsity of such procedure is often the theme of comment in these pages. How many lives this error has cost, and is still claiming, cannot be computed. Certain it is that decidedly cold baths have lost popularity because they were administered without mechanical aid (friction). Dr. Ball's candid confession on page 196 may be cited as an illustration. Chafing of the skin during the bath stimulates by mechanical excitation the sensory terminals as well as the muscular structures, surrounding the cutaneous vessels, whose response is made evident by hyperaemia of the skin. The chilling effect of continuous cold is thus neutralized and the bath may be given longer and colder without depression. In more depreciated cases the addition of Nauheim salts, devised by Mathes, adds reaction materially. In chronic cases the douche furnishes the stimulus of friction by its pressure; the drip sheet by hand friction and slapping.

It is a standing rule among my attendants and all the nurses I have trained, never to give any cold-water procedure without friction. The wet pack is an exception; it is applicable only in persons who have had their reaction trained by previous treatment.

(c) The physical and psycho state of the patient exerts more or less influence upon his reactive capacity. An anæmic or otherwise depreciated patient must be managed with greater circumspection, because he bears heat abstraction badly. On the other hand, I have seen a robust member of the Stock Exchange, just from his office and depressed by his cares and anxieties, shiver under a similar douche of 20° F., which a tender woman in ordinary health would accept with indifference. That patients suffering from alcohol or opium narcosis respond badly, if at all, to excitation by cold is a well-known fact. These brief examples are cited to illustrate the principle that reaction depends upon the integrity of the defensive powers of the entire organism.

(c) In the earlier stages of acute infectious diseases, the reactive response of the organism is more positive and reliable than in the later stages, when the central nervous system has suffered depreciation from prolonged toxæmia and the heart and peripheral circulation have been enfeebled. In the latter stages, therefore, more brief applications of low temperatures with extra friction or the addition of CO<sub>2</sub> excitation by adding Nauheim salts to the bath, become imperative and are of great value. Adaptation of hydropathic procedures to the patient's reactive capacity would preclude their too frequent abandonment as ineffective or deleterious. Experience has also demonstrated

that in typhoid and other fevers the patient bears lower temperatures and longer toils in the later stage far better if he has received them in the early stage. The reason is obviously that the integrity of the organism has been maintained.

In chronic cases, on the contrary, the system is less capable of responding to the cold, because here the patient has long been depreciated. His reaction must be developed by a daily neuromuscular training, and the treatment may be intensified in temperature and duration as his reaction develops and improves with each procedure.

The proper gradation of cold procedures depends upon due regard of the facts briefly set forth in this chapter. Inasmuch as the latter require to be thoroughly mastered and remembered, they will be emphasized and their significance frequently pointed out in connection with the technique and therapeutic application of each procedure.

#### A TEST OF THE REACTIVE CAPACITY.

In conclusion the author would call attention to a crude test of the manner in which a patient is likely to react or fail to react under cold-water application. Having large clinical material under observation, I have found that the response of the cutaneous circulation to mechanical excitation furnishes an index to the probable reactive capacity of the patient. Passing the back of the nail of the index finger rapidly but gently across the abdomen, and increasing the pressure of the nail with a second stroke parallel to the first, induces a more or less deep reddening of the irritated skin. The rapidity with which the red line develops after the nail is removed and the pressure required to produce it afford the trained eye a crude but fairly correct test of the patient's reactive capacity. By applying this test frequently before each procedure one may readily train the appreciation of this test and thus avoid the necessity of slow development of the reaction by gradual increase of the intensity of the treatment which the author adopts in most cases.



## PART II.

### CHAPTER VI.

#### THE PRACTICE OF HYDROTHERAPY.

THE preceding chapters have been devoted to an exposition of the theory or principles underlying the application of water. The effects of the latter upon the various systemic functions have been explained as succinctly as is consistent with their correct conception. Mere theoretical quibbling and far-fetched pseudo-scientific data have been avoided, it being my aim to lay down definite physiological data, obtained by experimentation of reliable observers, as a foundation for the subsequent chapters which shall deal with the *practice of hydrotherapy*.

The latter will be divided into technical and clinical chapters. The reader shall be fully familiarized with the most useful methods of applying water in disease; their technique shall be clearly outlined, their *rationale* explained, and the chief clinical application of each procedure shall be set forth, at the risk of repetition, in subsequent chapters which will be devoted to a discussion of some of the diseases in which hydrotherapy has demonstrated its value most distinctly.

The reader is urged to follow as closely as possible the technique described, and to observe the effect of each procedure in order that he may be enabled to modify it upon the principles indicated, whenever individual cases require changes in technique.

Familiarity with technical details is as important to the skillful and effective application of water in disease as it is in the technique of surgical procedures.

The aim of this work being to render accessible to the general practitioner a therapeutic method of which he has usually the most vague and imperfect idea, the author proposes to simplify this part of the subject, the technique, by *describing only such procedures as his personal experience as a general practitioner and hospital physician sanctions as useful*.

The writings of the hydropaths abound in minute subdivisions of the technique, e.g., wrist baths, arm baths, head baths, etc., which

will be ignored in these pages, because their therapeutic effect is not established. The procedures described in the following pages will enable the practitioner to execute every useful hydrotherapeutic indication, provided the technique is followed with precision and the *various* upon which it is based is thoroughly mastered.

Each procedure will be described in detail and illustrated by drawings. The *various* will be next presented in its true light, in order that the practitioner may, by fully acquainting himself with it, execute the procedure with intelligent regard for the therapeutic indications of each case and adapt it by modification, if need be, to all exigencies.

Finally, the therapeutic indications for each procedure will be enumerated. The entire subject of practical hydrotherapy will thus be presented precisely in the same manner as are our medicinal agents in the text-books on therapeutics.

#### ABLUTION.

This procedure is the simplest and most universally applicable hygienic application. The ablution is not only useful in many diseased conditions, but it also serves as an introduction to more active measures. It consists of the application of water by the hand, either unarméd, or covered with a bath glove, or holding a gauze or linen wash cloth. The sponge is to be avoided, because it does not produce sufficient friction and thus prevents reaction. The sponge is usually squeezed out of water and then passed by stroking over the cutaneous surface. In febrile conditions this would produce cooling by evaporation, but very little irritation of the nerve terminals, and consequently very little if any effect upon the central nervous system, which, as has been shown, is the chief aim of hygienic procedures. The method and the temperature of the water vary with the object in view. Several vessels filled with water of proper temperatures should be within reach. In acute febrile affections, with temperature above 101° F., an oilcloth or rubber sheet is laid upon one side of the bed covered with a blanket, and upon this a linen sheet or tablecloth is spread, one half reaching over the edge of the bed, the other rolled up on the other side of the latter. The patient is now placed upon the sheet. His face is first bathed with water of from 65° to 70°. Beginning with a temperature of 98° F. and on each application reducing it two or more degrees, the chest, the arms down to the elbow, the back, the abdomen, and the lower extremities down to the knees are successively bathed by saturating a crumpled piece of gauze or a small towel with the water and gently rubbing successive parts, frequently dipping the cloth and squeezing it out of the water over the parts. For the first ablution

the washcloth or mitten should be well wrung out, so as to obtain a mild effect, which may be increased at each ablution by allowing a larger quantity of water to remain in the cloth.

The extremities are never subjected to ablution if they remain cold in fevers, and in cases having normal temperatures the extremities are not treated at all, because reaction is thus enhanced. This is far superior to sponging, which chills by evaporation, while the gentle shock of the impact of the water applied by these methods, accompanied and followed by gentle friction, arouses the peripheral nerves and thus refreshes the entire system by its reflex effect. The difference of refreshing effect arising from adding friction is made evident by comparing in the ordinary morning toilet what would be the effect of wiping the face with a cold wet sponge with that of the usual method of dashing handfuls of cold water against the face and using friction.

The refreshing and antifebrile effect may be enhanced in rigorous individuals with high temperatures by not drying the body until the ablution is complete, or by simply wrapping it in a dry sheet which has been kept in readiness on the other side of the bed, and allowing the patient to dry spontaneously. Judgment, however, must be exercised to avoid chilling, and it must be borne in mind that gentle reaction is aimed at, in accordance with the principles enunciated, and which it will be unnecessary to reiterate in the description of each procedure.

Another method for enhancing the antifebrile effect is placing a thin damp linen towel (always without fringes, to prevent dripping) successively over the chest, abdomen, back, and the upper parts of the extremities, and throwing water upon them by the hand, or from a pitcher, or by squeezing it from a sponge, followed by friction with the flat hand and patting over the wet towel. This procedure approximates a bath, and often accomplishes quite as good results in reduction of temperature and refreshing effect as the full or half bath. By modifying the temperature of the water and length of time, the antifebrile effect may be modified. After the ablution, which may be repeated by going over the body twice or oftener, the patient is dried. It may be repeated when the symptoms again demand it. In the early stages of all febrile affections, except pulmonary and bronchial, this method will found of value.

In chronic affections, too, the ablution is a useful preliminary to the more active hydropathic procedures. It has long been my custom, learned in treating the desperately debilitated patients presenting themselves at the Montefiore House, many of whom have been utter strangers to cold water in health, to pursue the following course: The patient receives a thorough, warm, cleansing bath with soap and



flesh trash. On the following day he is wrapped, nude, in two long-haired woollen blankets. One blanket is spread on the bed, the patient is laid upon it with arms above his head, and the blanket is snugly wrapped about the body and between the legs. The arms are now placed alongside the body, and the second blanket is tacked around him, so that the upper corners are firmly fastened under his neck and the lower edge is folded under his feet. He now lies like a mummy in the warm room, more covers being laid upon him. Sipping a glass or two of ice water will promote the action of the skin. After he has lain from half an hour to an hour and has thus accumulated heat upon the surface, the face is bathed in water of 50°. The blankets are successively removed from the chest, abdomen, back, lower extremities, and arms, and these are successively bathed and rubbed with water at 80° dashed from the hand. Each part is immediately dried and replaced under cover. The water temperature is lowered two degrees daily until 60° are reached. A general dry rubbing with a cloth or the hand follows, and he then is made to take some exercise, if he is able to do so. Otherwise he remains in bed and receives a cup of warm liquid food. This application is best made in the early morning hours, but it may be made at any time, and repeated as the reactive power demands, for several days. During the first days the water is applied by simply rubbing the hand, frequently dipped in the water, over the successive parts of the body. Every day a little more water may be applied, the hollow of the hands or a pitcher being used for the purpose, and larger quantities are applied in order to educate or train the patient. His reactive capacity is so gradually raised by this method that all shock is avoided.

The next step in the hydratic training of the patient is a *general ablution*. The patient stands in twelve inches of water at 100°, and is rapidly washed down with the hands, having water at 80° poured upon him with the hand or from a vessel, followed by gentle friction just as described above. The temperature is lowered each day two or more degrees until 60° are reached. This simplification of the methods adopted by special hydrotherapists, like Fleury, Winternitz, and Dival, has served me so well that I cannot commend it too highly in health and disease, but I must also insist upon an exact technique. It will not suffice to tell the patient, "You must bathe in cold water every day." The importance of the so-called shock—"surprise"—to the sensory terminals, and the reaction following these brief and extensive impacts of cold water, must be impressed upon him, and the temperature of each day's ablution should be written down, just as the measure or weights of medicinal agents. It is well to insist upon a statement at the next visit of how the patient executed directions, in

ceder to correct faulty technique. Most patients who are able to walk may dispense with the dry pack, begin with a morning ablution of the chest and upper arms, while standing dressed from the waist down, in front of a basin containing water at the prescribed temperature. After a week's daily ablution of the upper part of the body, the general ablution, while standing in water at 100°, may be the next step in the neurovascular training.

Aside from their therapeutic effect, ablutions are most valuable as introductory to other and more heroic hydrotherapeutic procedures, in acute as well as in chronic disease, inasmuch as they furnish a view to the reactive power of the patient. If, for instance, the skin remains cool and pale or becomes cyanotic after ablution and friction, we are warned to proceed cautiously to more intense procedures. In such cases only small portions of the body should be attacked each day or twice a day, good friction being added. Each day the surface receiving ablution should be enlarged.

This cautious proceeding enables me to assert that I have never seen a patient too feeble to accept some form of hydrotherapy. The reactive condition of the patient is by this gradually advancing method disclosed in chronic diseases, the degree of heat retention is indicated, and the physician is enabled to adapt his subsequent hydrotherapeutic procedures in accordance with observations thus made.

The *rationale* of the action of ablutions may be found in the peripheral shock and subsequent stimulus, which are refreshing because

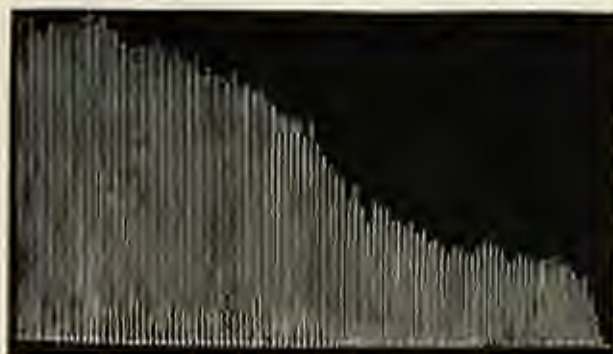


FIG. 22.—Fatigue Curve of Right Hand after a Cold Ablution. (See Normal Curve, FIG. 21.)

they are conveyed to the nerve centres, and in the dilatation of the superficial vessels by the friction, which, according to Weyrich, increases the evaporation from the skin fifty per cent. The latter must be of great value in fever, because, according to Leyden and others, retention of water is one of the chief elements in the febrile process.

Added to this effect, we have the dilatation of the superficial capillaries, as evidenced by the rosy hue of the skin following ablation with friction. We also have the deepening of the inspiration produced by the impinging of cold water upon successive parts, which improves the circulation. If the heart's action is feeble, we may thus enhance the tone in the peripheral vessels and facilitate its work by removing the impediment to the flow of blood in the correspondingly feeble cutaneous vessels. The *vis a fronte*, due to the enhanced resiliency of the vessels, diminishes the need of a strong *vis a tergo* upon the part of the heart. This explains the reason why ablutions are a most valuable initiatory procedure, which the feeblest subjects may bear with impunity, and which do not alarm the patient and friends, as do other more heroic measures.

Upon the muscular system ablutions also exercise a striking effect. The latter has been beautifully brought out by Viraj and Maggiora, as noted on p. 76. The individual was sponged with water at 50° F. twice a day, and the "fatigue curves" were taken before and afterward. The latter are represented in Fig. 21. This diagram graphically shows a decided increase of muscular capacity after the cold ablation, demonstrating that its "tonic" effect is very pronounced.

*Therapeutic Indications.*—The ablation is indicated in acute febrile diseases as an antifebrile and antithermic agent. In mild cases of the infectious fevers it may suffice to carry them through their entire course. I have so treated cases of typhoid fever the temperature of which did not reach 102.5°. If the latter is afterwards exceeded, the ablation manifests its value as a measure preparatory to the full cold bath.

In chronic cases the ablation is of great value in anæmia, chlorosis, phthisis, etc.

In all those neuroathenic cases which do not require more heroic measures, the ablation may be applied with good effect; in the more severe cases it offers a gradual introduction to the douche and other more active procedures.

#### THE HALF-BATH.

*Technique.*—A sufficient quantity of water to reach above the pelvis of the patient is poured into an ordinary bathtub; the temperature of the water, adapted to each case, ranging from 70° to 85° F. After having a cold damp towel wrapped around his head, the patient is placed, or if not too weak he seats himself, in the tub, which contains water at 85° F. The attendant bathes the face, and begins at once to rub the back with the left hand, while with the right he dashes water from a small long-handled pail (like a milking-pail) over the shoulders of the patient. The latter at the same time rubs the front of his body



with both hands. Colder water is added from vessels prepared for the purpose, until the patient feels cold. If the teeth chatter the patient should be removed. The continuously renewed application of the water and the successive shocks imparted to the body by the moving streams of water, accompanied by friction, stimulate the peripheral nerves and dilate the superficial vessels. Thus the entire organism is refreshed, the effect being more intense than that described under "Ablutions." Especially important is the absence of pressure from the water, which characterizes the full bath, and which would not further the dilatation of the surface vessels so much as is done by the ever-recurring changes of surface temperature produced by the temporary and repeated impacts of cold water. Friction, too, is more readily applied when the body is not submerged. Hence the mechanical effect, which has been shown to bear an important share in most hydropathic procedures, is enhanced. If the patient is too weak, he may lie in the bath and refrain from washing himself, or he may change from the recumbent to the sitting position, being subjected to general friction in the former and to drenchings with the pail in the latter. The temperature of the water should be reduced with each bath in order to avoid needless shock. It will rarely require to be reduced below 70°. Indeed, colder water would in susceptible cases produce painful sensations in the feet, which would necessitate removal of the patient. The chief objection to the half-bath is, in the author's opinion, the fact that the lower extremities, which possess the feeblest reactive power, are continuously immersed in the cold water, and if not subjected to friction are apt to become chilled and painful with cramps.

*Therapeutics.*—If the technique of the half-bath is thoroughly mastered, it may, according to Winternitz, be utilized as the most universal hydropathic procedure we have. In cases of acute fever, without organic lesion, it may follow or take the place of the ablutions above described. The small body of water does not inspire the patient with apprehension; the gradual and even rapid lowering of the temperature of the water is scarcely perceived, because the agitation counteracts the sudden cooling and friction promotes immediate reaction of each portion of the body treated. As in most fevers, especially those of infectious origin, the rise of temperature is connected with and partly due to a paretic condition of the superficial vessels, which intercepts heat diffusion from the skin, we accomplish one of the chief indications for temperature reduction and nerve stimulation by the widening of the vessels which surely follows friction after the forcible application of cold water. The more slowly heat is abstracted, the more enduring will be the lowering of the bodily temperature. In this half-bath we may graduate the rapidity of heat abstraction by

properly gauging the temperature of the water and the frictions. But the half-bath is not so applicable for these purposes as are other procedures to be presently mentioned. It is rather as an introduction to other and more effective baths that the bath here described is useful as an antifebrile measure.

In *chronic diseases*, after the wet pack or other hard procedure, to be referred to below, has produced dilatation of the superficial cutaneous vessels, the half-bath is a necessary sequel for the purpose of maintaining the tone of those vessels. In these cases a tub should be filled to one-fourth its depth, say ten inches, with water of from 90° to 85° F., which should be actively set in motion by the hands of the patient and attendant, as directed in the opening lines describing this procedure; the duration should be from six to ten minutes.

When the patient arises from the half-bath, a coarse linen sheet, previously warmed and kept in readiness, should be thrown around him, and with this he should be rapidly dried. In acute fevers the drying should be done in bed, a blanket and sheet having been previously prepared, as directed above in the case of general ablutions.

#### AFFUSION.

Affusion is a procedure by which the patient, sitting or standing in an empty tub, or lying upon a rubber cot, receives upon his head, shoulders, and body a stream of water issuing from a bucket, pitcher, or basin, preferably the former, because the stream may be broader. According to the height from which the water is poured and the low temperature (50° to 65°) will be the stimulating effect. With feeble patients it is well to begin with higher temperatures and short distances. The whole procedure should be rapidly executed, the patient being in a sitting or semirecumbent posture in acute conditions, standing in water at 109° in chronic cases. It is a more energetic treatment than the ablu-tion, because of its briefer duration, the increased force of the water impingement, and the larger surface treated. This is the form of cold-water treatment which was practised by Currie with so much success that it became the basis of modern hydrotherapy.

*Rationale of Affusion.*—The action of affusions is simple. The sudden impingement of a considerable volume of cold water, propelled with decided force upon a large surface of the body, must produce an intensification of those mechanical and thermic influences upon the sensory cutaneous nerves which have been discussed in detail above. Being conveyed to the central nervous system, the reflex effects upon respiration, cardiac action, assimilation, and nutrition are decided and unmistakable. The intermittent character of the thermic and mechanical irritation impresses a distinct effect upon this procedure. It



really presents a decided enhancement of all those effects which have been referred to under the head of affusions (page 95).

We are indebted to several Russian investigators for creditably precise investigations of these effects. Omitting the details, which demonstrate how carefully these observations were made, a brief résumé may suffice.

Klagowetschensky studied in 1888 the effect of affusions upon healthy prisoners in solitary confinement at St. Petersburg. Affusions were given morning and evening, from three buckets of water of from 32° to 75°.

Food and drink being carefully weighed and regulated, it was found that the assimilation of nitrogen was increased in all cases, it being 1.48° after affusion of 32° F., and 2.44° after affusion of 75° F. General assimilation was similarly increased. Weight increased in seven cases—in a few very considerably—it decreased in one case. Loss by cutaneous and pulmonary excretion was increased twenty-four per cent. The pulse was decidedly slowed in eighty-three trials, and increased four beats after two affusions of 60° F. Respiration was slowed as a whole. Blood pressure was more decidedly increased after the colder affusions. Temperature was but slightly reduced in healthy persons. The colder the affusion, the more the pulse, respiration, and temperature were affected.

*Therapeutic Indications.*\*—There are certain conditions occurring in acute diseases in which the effusion is a most important adjunct. When the patient is unconscious or delirious, muttering or otherwise; when he presents evidences of depreciated nerve force and general adynamia; when the superficial vessels react feebly, as manifested by more or less cyanosis, and the heart is laboring to compensate for their loss of that elasticity, which greatly aid the propulsion of the blood in normal conditions; when the vessels are loaded with mucus and the air vesicles clogged by hypostatic congestion, no remedy will arouse the failing powers like an affusion properly administered. The patient may be placed or held in a semirecumbent posi-

\* Dr. Leopoldt Seufelder (Wiener klinische Wochenschrift, 1890) presents a summary of the uses to which Hippocrates put this procedure, which has historical interest. Hippocrates used cold general affusions in syncope and collapse, and in tetanus; warm affusions in childhood fever (instead of baths) and in dropsy. Partial affusions were applied—warm to the head in inflammations of the eye; cold to the head in fever for producing perspiration, in insomnia and delirium, wounds of the head with delirium, bleeding wounds elsewhere, inflammation of the throat. Hippocrates also applied warm affusions to dislocated or otherwise injured joints for anodyne effect, in fractures, in uterine displacements, in rectal fistula for cleansing, in pains of the thigh, hips, and loins. He applied cold affusions in diarrhoea and collapse, in pains and swellings of joints, uterine displacements, poured on the thigh as a stimulant, in uterine inflammation for cooling, and in uterine hemorrhage as a styptic and anodyne.



tion in water at a temperature of 100° F., while the upper part of the body is drenched and dried with friction, with water at 60° to 85° F. or lower, for two or more seconds, cautiously observing effect, and repeating in an hour or less frequently, until result is obtained. The refreshing effect of such a bath judiciously given will never be forgotten by any one who has come witnessed it. The patient who entered the tub with maddening delirium is often aroused to consciousness, the eye brightening and the countenance losing its apathetic appearance. Others, whose respirations were shallow before the bath, are often made to breathe deeply, cough, and expectorate freely, and return to bed with lungs freed from threatening hypostasis. In others again, whose cyanotic or marbled skin indicated heart failure, the surface becomes ruddier, a more active cutaneous circulation ensues, and the pulse gains in force and diminishes in frequency. The reflex effect upon the phrenic deepens the inspiration, a fresh supply of oxygen is carried to the feebly expanding lungs, the heart is aroused, and hypostatic embarrassment is overcome. The whole aspect of the case is often changed by these brief applications of cold to the surface, followed by rapid drying. New stimulants which had failed to arouse the flagging powers act more efficiently, their effect being more enduring. The testimony of that experienced clinician, Winternitz, which has been confirmed repeatedly, should be borne in mind, when this terrible collapse condition menaces life. "Collapse," says he, "is almost universally regarded as a contraindication to every application of cold. I would again express the opinion that I know no more powerful or effective agent for combating threatening or existing collapse than the intense and intelligently applied excitation by cold. How often have I seen, in advanced fever processes, in degenerated typhoids, a rapidly favorable change wrought in the corpse-like coldness of the extremities in the most serious manifestations of nerve adynamia, in the hypostatic congestion of lungs, by one dipping into a very cold bath, or one cold application. I am firmly convinced that very often these manifestations are not due to heart feebleness, but to a collapse of the vessels, and here an exuberant but energetic excitation by cold is the only reliable remedy, as I have repeatedly proved."

Hensch<sup>6</sup> speaks highly of cold as a stimulant in collapse of children's maladies. He advises a half-bath (90° F.), with cold effusion over the neck and chest.

Affusion is also the method by which Currie made his remarkable cures in typhus fever, using chiefly sea water on board ship. He placed the patient upon the deck and poured bucket after bucket of

<sup>6</sup> Deutsche Medicinal-Zeitung, September 1st, 1886.

sex water upon his burning body, with the result of completely changing the aspect of the case.

Professor Hoffmann, of Leipzig,\* says: "The greatest benefit has been obtained from the use of cold rubbings and douches in diseases of the lungs. No injurious results have ensued from their intelligent application. It is well known how cold affusions over the chest and neck produce quite peculiarly energetic inspiratory movements. Hence they have long been used to deepen the breathing in convalescent patients. Fever patients who respire superficially and thus favor the production of hypostasis may be protected against dangerous complications. Deeper inspiration is produced, which furthers the circulation from the right to the left heart, and which results in a dilatation of the cutaneous vessels and in a proportional anæmia of the inner organs."

In *scarlatina*, when the system is overwhelmed by the poison, the circulation embarrassed, the skin pale or marbled or cyanotic, the respiration shallow, the temperature high, the pulse rapid and feeble, truly marvellous results may be obtained by the judicious use of brief affusions. Reaction occurs rapidly, and with it comes an improved peripheral and general circulation, deepened inspiration, brightened countenance, and roseate skin. *Let not the fear of cold deter any one from resorting to cold affusions (70° to 60° F.)* in these desperate cases. They are the hygienic substitute for digitalis and alcohol; from them the enfeebled heart will obtain vigor and refreshment, sending the life blood in joyous currents through the sluggish arteries, removing hypostasis, delirium, stupor, and preventing fatal issues in the most desperate conditions. I say this from conviction, born of clinical observation. But judgment is required in adapting temperature, duration, quantity of water, and force of impact to the condition of the patient.

*Delirious Typhus*.—Sir William Broadbent† finds affusion with ice-cold water as productive of immediate favorable results in this disease. The patient, being stripped and lying on a blanket spread upon a waterproof sheet, is treated with copious and rapid douches of ice water on a large sponge, upon face, chest, and body; he is rubbed dry; the back is subjected to the same treatment, which is done two or three times in succession, vigorous friction being applied between the affusions. Sound refreshing sleep and speedy recovery are claimed even when pneumonia and albuminuria were complications which precluded opiates. While the author has had no personal experience with this method, he would warmly advise it on the ground of the physiological action of cranioscald cold upon the cutaneous vessels, which in alco-

\* "Vorlesungen über allgemeine Therapie," Leipzig, 1885.

† British Medical Journal, July, 1895.

bolie saturation are dilated and in a semiparalytic condition, as evidenced by cyanosis. A deepened inspiration, too, enhances oxygenation and furthers elimination from the alcohol-clogged system.

*Meningitis and Other Cerebral Disturbances.*—Rehrer\* reports fifteen noteworthy because desperate cases in which cold affusions demonstrated their life-saving value. After remonstrating against the tendency of physicians to yield to lay prejudice when they are themselves convinced of the therapeutic value of cold water in fevers, he states that he found cold affusions of great service: "1. In cerebral manifestations consequent upon high temperatures in infectious diseases (five cases). 2. In meningitis; disturbance of cerebral functions by pathological changes in the central nervous system; hyperemia, exudation, infiltrations by isoplasms, isolation; simple and tuberculous meningitis (six cases). 3. In meningeal symptoms in acute non-infectious diseases, especially pneumonia cerebri (four cases)." The histories, given in complete form, illustrate the correctness of this author's views, which he summarizes as follows:

"These cold affusions act:

"1. As temperature-reducing agents, when they are made very cold and prolonged up to ten buckets.

"2. Antispasmodic, calming in tonic and chronic convulsive conditions resulting from cerebral irritation.

"3. Derivate, poured upon the skin of the head and neck; the skin is always reddened intensely.

"4. Irritant to the peripheral nerve endings, producing deep inspirations.

"These affusions are applicable:

"(a) In all febrile conditions accompanied by manifestations of cerebral hyperemia or irritation.

"(b) In meningitis, regardless of its etiology.

"(c) In very high temperatures with cerebral disturbance.

"(d) In infections with sopor, coma, fibrilant delirium.

"(e) In disturbance of circulation in the left ventricle, as a sequel of insufficient respiration, hypostasis, rampant pneumonia."

This practical physician's clearly stated views, being sustained by full clinical histories, are entitled to careful consideration. They are here recited, in order that his observations may serve the reader in an emergency in these almost hopeless cases.

In *chronic diseases* the affusion is an excellent substitute for the douche, if it is administered with care and precision as to temperature and the patient's reactive capacity. It is therefore a valuable agent in domestic practice.

\**Deutsches Archiv für klinische Medizin*, 1874, No. 13.



The prejudice existing in the lay mind against pouring a basin or bucket, or pichler of cold water over a fever patient will disappear very quickly if the friends or relatives be not permitted to witness the procedure, but allowed only to observe the change wrought by it in the delirious or unconscious patient.

#### THE SHEET BATH.

*Technique*.—One end of the patient's bed or an adjoining cot is protected by a rubber sheet. A blanket is spread upon the latter. Several linen sheets, coarse or fine, according to the effect desired (see *Rationale*), a basin, a bucket of water of the required temperature, a cup and a sponge are placed upon a chair. The sheet, being partly wrung out of water of from 50° to 80° F., according to the effect aimed at, is spread upon the bed as rapidly as possible to prevent a change of its temperature. The head and face of the patient having been bathed with ice water and a wet turban wrapped around his head, he is laid upon the wet sheet and is wrapped with it in the following manner: The patient is directed to hold both arms above his head. The upper left border of the sheet is now brought close under the left axilla and laid across the front of the chest, reaching beyond the axillary line of the right side; the lower portion is placed over the pelvis and the edge tucked in between the lower extremities. The arms are brought down and placed alongside the body, from which they are separated by the intervening sheet. Now the right portion of the sheet is carried across the body above and below, enveloping the arms and shoulders as well as the lower extremities. The right upper border of the sheet is firmly drawn over the left shoulder and securely tucked under the latter; the lower end is tucked underneath the heels. In this manner the patient is snugly enveloped in the wet sheet and no uncovered parts of the body lie in apposition. The arms may, in feeble patients, be left out altogether, and simply bathed during the process. This will also facilitate the application of the sheet. The first impression will be a shock to the peripheral nerves, caused by the sudden contact with the cold wet sheet. A deep gasping inspiration and a little shivering follow. These are readily overcome by the patient's own high temperature, and their removal is now aided by the manipulations of the bath nurse, who, with oiled hands, gently but firmly and gradually sweeps over the wet sheet, passing over the entire body successively. Small portions of the body should then be rubbed in this manner until they warm up. So soon as any part of the body becomes thoroughly warmed, water from 80° to 60°, according to the condition of the patient, is poured from a cup or squeezed from a sponge over it,

and rubbing is resumed. When the treated part ceases to warm under friction, the attendant proceeds to another part. These gentle but firm passes or frictions over successive parts of the body are alternated with the pouring on of small quantities of cold water, until the entire body feels cooled or the patient shivers. Rigor and chattering of the teeth must always be avoided, because they are an evidence of muscular contraction, and of a too decided temperature difference between the central and peripheral portions of the body, which causes the former to rise and thus counterbalance the effect. Friction prevents this objectionable feature of all cold baths and enables us by the renewed application of cold water upon the warm parts of the sheet to maintain the cooling effect. After its termination, the patient is rapidly dried, the sheets and blankets and rubber sheet are withdrawn by rolling him upon his side, and without disturbance. It is not necessary to apply friction in drying, except to the extremities. We have in the sheet bath an admirable antifebrile procedure, the effect of which may be greatly enhanced by allowing the patient to remain in it, leaving him, without drying at all, packed snugly in the blanket and wet sheet for half an hour. Its mildness, as compared with the full cold bath, renders it more acceptable to the patient and his friends, and it may thus be utilized as a valuable initiatory measure, intermediate between the sponging and the full-bath, which have been discussed.

*Therapeutic Indications.*—The sheet bath is applicable in all acute diseases in which an elevated temperature is a leading manifestation. I have used it as a valuable substitute for the full bath, when the necessary apparatus for the latter could not be procured. For instance, in the country or in tenement houses, where leadhills are not obtainable, linen sheets, or at least linen tablecloths (or even old and well-worn cotton sheets), a piece of oilcloth, a blanket, to protect the bed, a bucket of water, and a sponge are all that are needed. In the most humble house an ironing-board or a wash-doe may be used in lieu of bed or sofa. By laying the upper edge of the board upon a box or stool, or using the floor, laying an oilcloth upon the board or floor, a piece of lagging or a washwater over this, and saturating a tablecloth or even a cotton sheet, the sheet bath may be given with an abundance of water from a sponge or pitcher. The superfluous water running from the body may readily be kept from soaking the floor by careful mopping with cloths or with a sponge, from which it may be squeezed into a bucket. It should always be borne in mind that a patient with a temperature of 103° and over is not in danger of taking cold. This feature often prejudices the physician as well as the patient against all hydropathic measures, and especially those which require the use of abundant quantities of cold water.

To enhance the antipyretic and soothing effect of this treatment in a temperate house or in the country, the patient should be removed to the bed, wrapped snugly in the wet sheet and blanket, and allowed to remain quiet for half an hour. Most frequently he will fall into a gentle slumber, from which he should not be aroused for any purpose. Prolonged shivering demands immediate removal and drying.

*The antipyretic action of the sheet bath* may be explained as follows: The immediate effect upon the peripheral vessels is to contract them, render the skin anæmic and pallid, and drive the blood from the cutaneous surface toward the interior. For this reason a wet bandage and occasional affusions upon the head are necessary to prevent retrostasis with determination of blood to the head. Since, however, the shock to the sensory nerves is brief, and no sooner is conveyed to the nerve centres than it is reflected by the motor tracts, the local action is really transient. The sheet rapidly warms up if the patient's temperature is above 102°. The pouring of cold water upon the warmed parts of the sheet abstracts heat from the blood in the cutaneous vessels, whose lamina have been increased by the frictions referred to. In this manner a gradual cooling off and reheating of the sheet ensues, which are conveyed firm and to the parts beneath it. Each time the cold water impinges upon the sheet a deepened inspiration ensues, which furnishes more oxygen. The enhanced tone of the peripheral vessels removes the previously existing abnormal condition of the blood pressure, and thus gives the heart freer action, reducing the pulse rate, and, if the patient be allowed to rest in the wet sheet, a calm sleep ensues, the result being cooling and refreshing, accompanied by slight exhaustion due to the mechanical irritation. A rational antifebrile effect is thus inaugurated, which does not fatigue the patient so much as the full bath, and which is more readily accepted by him and his friends than the latter.

This practical and ingenious method of applying water is exceedingly useful as a means of refreshing the nervous system of patients who, by reason of feebleness in acute or chronic diseases, are unable to accept other and more heroic methods.

By modifying the sheet bath a more stimulating procedure may be obtained, which is well adapted for chronic diseases in which abstraction of heat is not required or is entirely contraindicated. This is the "*kalte Abreibung*" so much in vogue among the Germans described elsewhere.

The sheet bath differs somewhat in chronic cases, since the larger proportion of these patients may be treated in a standing position, which gives the attendant free scope for more vigorous friction. This is called the drip sheet.



## DRIP SHEET.

In the Montefiore House for chronic diseases, which is really an institution for incurables, receiving only the most desperate types of all chronic diseases, organic and functional, the drip bath was used by the author in the form called "*drip sheet*" for several years prior to the construction of a douche apparatus. Having proved satisfactory, the procedure as there passed may serve as a guide for its execution in private practice.



FIG. 32.—Drip-sheet. First position. Photographed by Dr. E. S. Max.

*Technique of the Drip Sheet.*—The temperature of the room should not be less than 70°. The patient stands in a foot or bath tub containing twelve inches of water at 100° F., to prevent chilling, a sheet dipped in water at 80°—daily or less frequently reduced until it reaches 60°—is placed dripping over his shoulders and back in the following manner. The left upper border of the sheet is held by the left hand, while the right hand gathers the right border into folds. The sheet

is now dipped into a bucket of water, from which it is taken dripping and applied under the right axilla of the patient, as shown in Fig. 22. Pressing the sheet firmly to his side with the right arm (Fig. 23) the patient is directed to turn and thus envelop himself in the wet sheet (Fig. 24), the attendant drawing upon the wet sheet at the same time to insure its snug clinging to the body. When the entire body is thus covered, the upper border of the sheet is hooked or around the neck, and the lower border is wrapped around the legs. The attendant now makes rapid passes over the sheet up and down the back, sides, and lower extremities with the outstretched hand (Fig. 25), occasionally slapping the surface to increase mechanical irritation. A basin of water from ten to fifteen degrees below the temperature of the sheet water is poured over the



FIG. 23.—Wet Sheet—Second position.

head and shoulders two or three times at short intervals. This is alternated with frictions for from five to ten minutes. The sheet is now rapidly withdrawn. In most cases, especially after the treatment has been pursued for some time, the skin becomes decidedly hyperæmic. The patient now steps upon a woollen rug or blanket, and is thoroughly dried with soft linen towels. This is followed by

friction with a warm sheet or towel, which intensifies the cutaneous infusion. The patient emerges from this bath, during the first few days, somewhat fatigued but refreshed. If the fatigue is decided, the procedure should be shortened until the patient evinces more resisting and reactive capacity. Usually he is able to walk out, which is a great advantage. In good weather a gentle promenade after the treatment is a *sine qua non*, because the respiration is deepened and more oxygen may thus be made to enter the lungs.

The *rationale of the drip sheet* may be explained upon the same principles which govern other similar procedures. As the wet sheet envelops the entire surface of the body, the thermic irritation is more pronounced than it is from an ablution. It stimulates the cutaneous



FIG. 24.—Drip Sheet. Patient Curing.

vessels and the muscular structures of the skin also to contract for a brief time, and to dilate just as quickly and completely. The frictions made by the rapid to-and-fro passage and pressure of the flat hand over separate portions of the sheet-covered body greatly enhance



the reactive dilatation of the cutaneous vessels. A large quantity of blood is thus drawn from the interior to the general surface.

Physiological investigations having shown that two-thirds of the entire blood quantum may find lodgment in the skin, the enormous derivative effect of a good sheet bath becomes evident.

The repetition of the thermic irritation incident to the renewed pouring of cold water upon those parts of the body which have been warmed by friction of the attendant's hands affords a renewal of all these results, which in chronic cases produce tonic, and in acute cases antifebrile effects of unmistakable value.

Interesting practical observations on the effect of the drip sheet have been published by Dr. Storozheff, of Moscow.\* Examination during the process showed more or less warming of the skin, which sometimes was so pronounced as to cause vapor to rise from the sheet.



FIG. 25.—Drip Sheet. Friction.

This, doubtless, arose from the influx of blood to the dilated cutaneous vessels.

The respiration was at first deepened after a gasp, and then increased. In fifty drip sheets given to sixteen hospital nurses, ages

\* *Blätter für klinische Hydrotherapie*, Nos. 1 and 2, 1894.

from twenty-one to twenty-four years, Gritzay found the respiration lowered in thirty-two, unchanged in nine, and increased in three. The force was ascertained by Waldenburg's pneumotometer. Respiration was increased forty-five times, and unchanged five times; expiration was increased thirty-three times, unchanged thirteen times, and diminished four times, the increase averaging fourteen millimetres. The average increase of inspiration exceeded that of expiration.

The number of heart beats was generally diminished; the blood pressure was increased thirteen times, unchanged sixteen times, and diminished only three times. The average increase of blood pressure was eight millimetres.

The *rectal temperature* was diminished in all cases.

The *muscular capacity*, ascertained in the upper extremities by Berg's dynamometer, was increased 3.5 kgm., as an average. Plethysmographic tracings showed much lower waves with slanting excursions and modified secondary waves, the reflux waves becoming less distinct.

Feit gives the result of experiments made to ascertain the effect of *drip sheets upon nitrogen consumption* and assimilation of the nitrogenized constituents of food in four students, aged from twenty-three to twenty-five years, who, during a period of twenty-one days were under close observation. The method employed, food given, etc., are stated in detail. The treatment was given morning and evening. In all these cases the nitrogen consumption was increased, the maximum being thirty-one per cent, the minimum one per cent. Assimilation of nitrogenous materials was improved in all instances; the appetite increased in three cases and diminished in one case. The pulse became slower, and remained so for an hour; the respiration was deepened, but there was an average increase.

The *alcal capacity*, studied in five women after a drip sheet of 54°, was increased by from three hundred to fifteen hundred kilograms; an increase of from one hundred to one thousand kilograms remained for an hour in four cases out of five.

In 1896 Everedoff observed carefully the influence of the drip sheet upon the assimilation of fats in healthy persons from nineteen to twenty-nine years of age. Although the appetite was increased, there was no noticeable change in the *assimilation of fats*, judged by the excretion of fatty acids, etc.

*Therapeutic Indications*.—There are many chronic ailments to which the drip sheet is applicable, especially as a substitute for the diatherm, which can be had only in institutions, viz.: as a tonic in chlorosis, anæmia, and neurasthenia; as a derivative in intestinal catarrhs; as a revulsive and alterative in melancholia, hypochondriasis, neuralgias; and in pulmonary and bronchial diseases.

The flexibility and simplicity of the method commend it especially. It is probably the most flexible hydropathic measure known. By wringing the sheet well out, or by using a coarser sheet or a lower temperature or a shorter time, or by slapping with instead of simply pressing the outstretched hand over the wet sheet, the local excitation of the cutaneous nerves and vessels will be enhanced just to the extent which the judgment of the practitioner may deem requisite. By saturating it with more water the antipyretic effect is increased, which may be still more intensified by more prolonged application and more frequent addition of colder water, or by a finer texture of the sheet. The duration of the sheet bath is a matter for the most careful discrimination. *Two to five minutes* suffice in most cases for the tonic effect, while for the antipyretic effect fifteen to twenty minutes may be necessary. It is, of course, understood that the excessive sensitiveness of the skin in the presence of cutaneous diseases, or any extensive inflamed surface, preclude the use of the sheet bath entirely.

In the care and judgment necessary in adapting the sheet bath, as most other hydropathic procedures, to various conditions, would be sought the reason why the best-informed medical men in France and Germany send their chronic cases which have resisted simple measures to colleagues who have made a special study of hydrotherapy, and consign them to their treatment entirely. A large experience enables these gentlemen to adapt, by infinite variations, seemingly slight to the uninitiated, certain modifications which promote recovery after less intelligently applied hydropathic measures have sometimes failed.

I do not desire to be understood, however, that the general practitioner is not perfectly competent to treat such cases hydropathically. On the contrary, *it is the aim of this work to lead him such assistance as may enable him to treat his patients at home, and to discover the limitations of domestic treatment, for many cases are needlessly sent away from home to water-cure establishments in which water is anything but scientifically applied.*

#### THE COOL BATH.

This is the "*kalte Abwischung*" of the Germans, who apply it usually in the morning on rising from bed, while the patient is still warm. It is a modification of the drip sheet.

*Technique.*—A linen sheet, preferably of coarse texture, is wrung out of water at 60°–75° and quickly wrapped around the patient in the manner described above. Frictions are made by rapid passes, as with the drip sheet, but there is more active rubbing done, because the object here is not to abstract heat but to produce a decided cutaneous hyperæmia. Frequent slapping (*Aiklatschen*) facilitates the attainment of this object.



The duration of this procedure varies with the object in view. After the rub the sheet is dropped; the patient is rapidly dried, dressed, and preferably sent into the open air after partaking of a cup of hot milk. The *therapeutic indications* of this procedure are anemia of feeble persons, phthisis, and other conditions of defective hæmopoiesis.

Some neurologists have recommended this method under the name of "drip sheet" as an excellent procedure in rest-cure cases, for promoting sleep. The indefiniteness of current hydropathic terminology is illustrated by turning this procedure a drip sheet. The sheet can not "drip" after it is wrung out. This erroneous term seems to have been perpetuated, as in several recent works a "drip sheet" is briefly described as being prepared by "wringing a sheet out of cold water," etc. Such errors must be avoided in discussing procedures; the latter should be definitely described or stated.

In *nephritis*, especially in the contracted kidney, von Noorden praises the cold rub very highly, in a discussion before the Balneological Society.\* He opposes the prejudice against cold water, which has long prevailed, but is unfounded. Von Noorden insists that even in chronic kidney disease the judicious use of cold rubs may be of great benefit: "I scarcely know another procedure which is more lasting and more useful than the 'kalte Abreibung,' followed by strong friction, which renders the skin red and dry in reaction. I desire to emphasize that cold water need not always be avoided."

In the same discussion Winberritz insists with his usual energy upon the fact that when reaction is produced by the cold application there need never be any fear of low temperatures. Such reaction cannot, as he justly claims, be evoked by lukewarm water.

Groedel (Nassheim), while opposed to cold water in nephritis generally, favors any cold procedure which really produces a good reaction. See "Therapeutics of Wet Pack."

#### THE WET PACK.

The wet pack has been applied for a very long time in the practice of hydrotherapy. This procedure is not, as has been claimed, an invention of Priessnitz. It was described by Lucas, an English physician, in 1750. Doubtless Priessnitz discovered it independently, for he was too unlettered to have been aware of Lucas' writings. The followers of the peasant water doctor apply the wet pack more frequently than any other procedure. The wet pack, like all other hydrothermic measures, requires care and precision in its application in order to

\* Deutsche Medizinische Zeitung, 1900, No. 49.

be followed by good results. A dread of damp sheets is in the minds of the lay people so intimately associated with rheumatism and colds that the idea of being placed into a wet pack calls forth a shudder in the patient to whom it is novel, while, on the other hand, the hydro-paths who are familiar with it have brought it into disrepute by claiming innocuity and all manner of curative virtue for it.

The *technique* of the wet pack is as follows: Two large woollen blankets are spread upon a hair or other mattress, most appropriately placed (if a wire mattress is used a rubber sheet must intervene to protect it from the moisture) upon a high four-legged cot, best located in the middle of the room, so that the attendant may have ready access to it from all directions. A large coarse linen sheet, well wrung out of water of a temperature of from 60° to 70°, appropriate to the case, is



FIG. 26.—Wet Pack in Room, Showing Wet Sheet and Blanket.

spread upon the blankets, which should be long enough to extend two feet or more beyond the patient's extremities, and so placed that its left third hangs over the left edge of the cot (Fig. 26). The patient, provided with a wet turban, now lies upon the cot with arms elevated above his head, so that he occupies the junction of the middle with the right third of the sheet. The latter is now drawn across the body from right to left; its upper portion is tucked along the left side of

the trunk; its lower portion is placed between the lower extremities (Fig. 27). The arms are now restored to the side of the body; the left overhanging portion of the sheet is brought over from left to right so as to envelop the arms and entire body, and its border is tucked along the right side, and its lower end is tucked under the heels,



FIG. 28. Sheet fixed. Sheet drawn from field to left.

thus enclosing the feet. In bedridden persons the feet may be left uncovered by folding the wet sheet back toward the knees, as shown in Fig. 28. The blanket is now drawn firmly from the left and tucked under the right side of the body, the right border of the blanket being drawn over to the left in the same manner, firmly secured under the body, and its upper corner drawn around the neck and secured beneath it (Fig. 29). In executing this procedure the edge of the blanket should be grasped by the left hand about eighteen inches from the shoulder and drawn firmly over the latter and held at a right angle to it, close to the body, while the right hand, grasping the edge of the blanket lower down, carries it across over the other shoulder and tucks it beneath the latter. The left hand performs here the same function as it does in the reversing of a bandage. The lower border is firmly tucked around and over the feet. *Everything depends upon complete exclusion of air from beneath the blanket cover.* The patient is now



covered with several woollen blankets, if he is chilly. If the covering has been skilfully done, the patient will resemble a mummy whose head is enveloped in a wet turban (Fig. 30).

Modifications of this procedure consist in partial packs, in which only parts of the body below the axilla are enveloped in the damp sheet. The duration of the pack (which should be from one-half hour to an hour), the texture of the sheet, the temperature of the water, and the extent of the pack, as well as its repetitions, modify the effect materially, as will be seen. All wet packs must be followed by some hydropathic method which restores tone to the cutaneous vessels that have been relaxed by it. Either a half-bath or a cold affusion will serve the



FIG. 28.—Wet Pack, Second Stage. (FROM OBSERVATIONS BY A. GIBBS.)

end, and these are selected with regard to the need of each separate case. In institutions, the circular bath and douche of 70° to 80° afford a more pleasant because more rapid equal to the wet pack. The room in which the wet pack is administered should be well ventilated until a short time before the patient is removed.

*Indications of the Wet Pack.*—The first effect of contact with the cold damp sheet is an irritation of the cutaneous nerves and vessels, which induces constriction of the peripheral vessels, and which continues until the individual's power of reaction comes into play. This de-

pends, as in all hydropathic procedures, upon the age and condition of the patient; old people and children do not react so readily as adults, and a previous high temperature of the skin furthers rapid reaction, as does also a vigorous normal condition. It should be borne in mind that the wet pack differs from the preceding methods in an important respect. There being no mechanical aid given by attendants, as in the sheet bath or half-bath, *reaction depends entirely upon the vital powers of the patient.* This fact distinguishes the wet pack completely from all other hydropathic procedures, and demands judicious recognition of



FIG. 21.—Wet pack. Rubber sheet being drawn hanging over bed.

the patient's reactive capacity. For this reason it should not be resorted to until the latter has been ascertained or trained by other procedures.

As soon as the first "shock" is over, which lasts from five to ten minutes, and sometimes produces shivering, the cutaneous vessels begin to dilate; warm blood flows from the centre to the periphery, in the effort the system makes to equalize the temperature between the skin and the sheet. When the body temperature is high, as in fevers, there is no chilliness. The cooled blood is at first driven from the surface to the subjacent structures, but very soon the warm blood from

the interior takes its place, and dilatation of the cutaneous vessels is the result. This continuous interchange of temperature, which occurs easily and slowly in patients with normal temperature, gives rise to a vaporization from the sheet which, in fever, furthers loss of heat from the skin. The latter is increased by radiation from the blanket, and by the state of rest in which the patient is placed and the consequent formation of a vapor which envelops the entire body. This continues as long as the sheet remains cool and just as long as the thermic irritation is renewed, more feebly each time, until the sheet is thoroughly warmed.



FIG. 30. - Wet Pack, Complete.

After the sheet and skin have reached the same temperature, a condition which requires about ten minutes under fairly good circulation, the patient lies in a damp sheet of neutral temperature. The oxidation processes which are aroused by the primary action of the cold sheet, to protect the organism against the harmful effect of disturbance of the heat equilibrium, do not cease, however, after they have been set in motion. The normal production of heat continues, but the normal loss of heat by radiation and vaporization is inhibited and conduction is greatly diminished by the woollen blankets enveloping the patient. The result is an accumulation of heat on the surface of the body.



This contributes to the vaporization of the moisture on the sheet. The patient now lies in a warmer medium than that of the ordinary clothing. Consequently he is soothed as in a warm bath. If the pack is continued over an hour, the accumulated heat manifests itself by perspiration on the forehead. The patient now is in a superheated medium, and obtains all the physiological effects described above. If a pack is prolonged several hours, Zieglsch\* has found the additional effect of elimination of toxins. After detailing how the primary irritation by cold arouses a reflex excitation of the respiratory and cardiac centres, and how reaction ensues, producing a widening of the extensive vascular area, the skin is so filled with blood and heated by the latter that after an hour the sheet will steam on removal. This hyperæmia of the skin should not be interrupted, but the wet pack may continue several hours. The skin now excretes more actively, producing evaporation into and through the damp sheet. The odor of the latter when removed often bears testimony to this enhanced excretion. The relief felt by most patients Zieglsch ascribes, aside from the favorable influence upon the circulation, to the removal of toxins. Although this latter claim has not been sufficiently well demonstrated, the odor of the sheet is substantiative evidence. It has been specially observed in acute rheumatism. This eliminative process is aided materially by the excitation of cellular combustion, induced by the pack. No better measure is open to the physician for furthering intra-organic oxidation, for the combustion of autotoxins, for transmutation of the products of regressive metamorphosis into soluble substances capable of elimination. Bouchard, who is a well-known authority on the subject, has said: "Ces remarquables, ces bizarres à sécrétions cutanées fétides cessent d'exhaler une odeur malsaine, s'ils viennent d'être atteints de quelque maladie fébrile." It is positive that these autotoxins are consumed in the powerfully enhanced combustion which represents the fever process, and that they are thus eliminated from the organism. The so-called "curative power of fever" probably is due to this oxidation of toxins and autotoxins, and it may also be the reason why sometimes chronic diseases are removed by acute intercurrent diseases, and why many individuals feel much better after acute febrile diseases. The prolonged applications of the wet pack, two to three hours, would therefore seem to offer upon this rationale a method of elimination which may serve many useful therapeutic purposes.

Experiments upon animals for the demonstration of the rationale of the wet pack are not wanting.

Schüller has shown the action of the wet pack upon trephined

\* Deutsche Medizinisch-Zeitung, July 5th, 1897.

rabbits. He wrapped them in a sheet wet with water at 54°, and covered them with wax cloth and woollen blankets, snugly tied up, so as to leave only the head free, and laid them for two or three hours upon a table. The temperature sank one or two degrees, but began to rise again in two and a quarter hours. The respiration became more slow and deep, and the pulse less frequent. The animals reacted less to irritants and at first seemed to be drowsy, but with the rise of temperature they became more lively and began to kick actively. A striking effect upon the vessels of the pia mater, which had been exposed by trephining, was noted. After a primary rapid dilatation the vessels became narrower, the brain sank in more and more, and the dura mater was raised up by cerebro-spinal fluid, which accumulated abundantly underneath it. The cerebral movements became more slow and more equalized. This lasted several hours. External irritants, pinching, rubbing, or lifting the animals, produced at first rapid but afterward slower cerebral movements and greater but changing dilatation of the vessels. As soon as the pack was removed dilatation of the vessels occurred, but they soon resumed their normal caliber. Respiration and cerebral movement became more frequent. Warm compresses upon the belly and back of the animal produced a contraction of the vessels of the pia, with acceleration of pulse and respiratory movements: the former became less perceptible, the latter more shallow.

These experiments render the action of the wet pack upon the human body intelligible. We often find the patient slumbering as soon as the temperature is equalized between the body and the sheet, and warmth is evolved by the reactive process, which fills the cutaneous vessels and thus diminishes the amount of blood in the cerebral vascular area. Moreover, the quiescent state of the patient, and the removal of all those reflex influences which arise from the cutaneous nerves and are conveyed to the brain in ordinary conditions, must contribute to the calming effect of the wet pack.

The effect of the wet pack upon the muscular system has received careful attention from Viraj and Maggiore.\* After retaining the individual in the wet pack two hours, the left middle finger was exposed and its fatigue curve taken (Fig. 31). Immediately afterward he was removed from the pack and dipped into a tub of cold water. Now the "fatigue curve" of the right middle finger was taken (Fig. 32). These were compared with the normal curve taken before the pack, which was identical with Figs. 1 and 2.

\* *Blätter für klinische Hydrotherapie*, 1892.

TABLE SHOWING MUSCULAR LIFTING-CAPACITY AFTER WET PACK.

Cases.	Conditions of Experiment.	Left Hand.		Right Hand.	
		Lifted, Pounds.	Working Weight, Kgs.	Lifted, Pounds.	Working Weight, Kgs.
(1) Fig. 31.	After wet pack.	2,370	7.110	2,840	11.500
(2) Fig. 32.	After cold dip.	1,207	5.211	1,090	5.070
3.	Normal				
4.	Normal				

This table shows the enormous increase of lifting-capacity after the wet pack followed by the usual cold bath, and it furnishes a partial rationale for the tonic effect usually derived from this procedure. It appears to the author that this "tonic effect" is not due to the wet

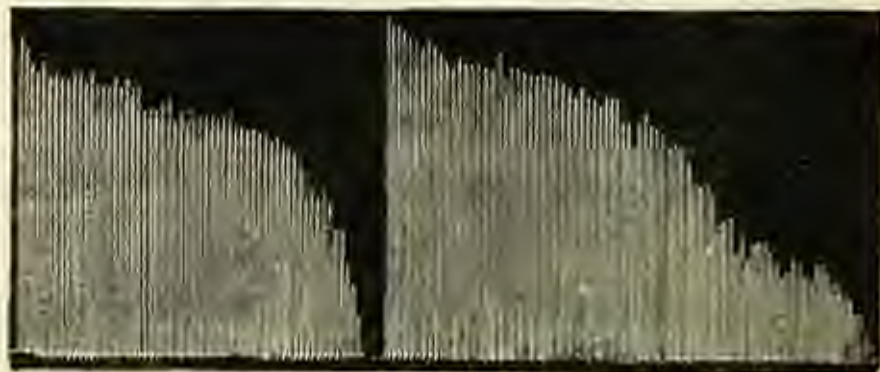


FIG. 31.—Fatigue Curve of Left Hand, after wet pack of two hours.

FIG. 32.—Fatigue Curve of Right Hand, after pack and cold dip.

pack of two hours, but to the cold dip following it, when the skin has been superheated in the prolonged wet pack.

*Therapeutic Indications of the Wet Pack.*—If abstraction of heat is the chief aim, the temperature of the sheet should be 60° to 70° for the first pack; the patient must be removed from the pack when the latter is warm, and placed in another two degrees higher, which has been prepared on the same or on an adjoining bed. He is again removed into another pack of two degrees higher as soon as he warms the sheet and superincumbent blanket, which is ascertained by applying the hand to various parts. Loebenstein has shown that five such wet packs of ten minutes' duration will abstract as much heat as one full bath at 65° F. for fifteen minutes. When the temperature, therefore, is high (above 102°), or when insupportable objection is made to other more or less heroic measures, the wet pack is a useful and acceptable alterna-



ture in fevers. The physician must decide whether he would prefer five packs, consuming fifty minutes' time, to a full bath of fifteen minutes. The character of the case will aid him in this decision. My own experience is in favor of the full bath, if the ablution and sheet bath and half-bath have proved insufficient, and the proper help and tube can be obtained. For mild cases, however, with temperature of  $100^{\circ}$  to  $103^{\circ}$ , especially in cases of non-infectious type, this pack is an admirable antifebrile remedy. As it may be modified by repetition of sheets wrung out of water of higher temperature, each application being of longer duration, if the body continues to cool, or by lowering the temperature of the damp sheet if the body temperature does not fall, we possess in the pack a most flexible remedy—subject to accurate dosage, as it were. In fevers, the first impression of cold upon the surface will cease abruptly and give way to the first-mentioned process of vaporization. This induces a soothing effect upon the peripheral vessels and nerves, and in patients who have been losing restlessly sleep often ensues.

If this calming effect be the chief indication at that period of the disease, the patient having lost sleep or being on the verge of delirium, it would be wise to permit him to remain in the pack until he awakens, and then give him a rapid cold ablution. If, however, the high temperature without depreciated nerve tone—*adynamia*—be the therapeutic indication, the patient should be removed from the pack as soon as the blanket or sheet beneath begins to feel warm. He should now be put into another pack, as directed above, the process being repeated until four or five packs have been given, or the temperature has been sufficiently reduced, precaution always being observed to permit him to remain in the last pack, which cools but does not chill him, for ten or fifteen minutes. If he is not too much fatigued, a rapid ablution with water of from  $50^{\circ}$  to  $60^{\circ}$  should be administered before he is again dressed. This method is slower, but its effect is more enduring than the more rapid cooling by the full bath, for the reason that the compensating elevation, which is the normal conservative reaction, is more deliberate and tardy.

When in typhoid or other adynamic conditions other cold procedures produce chilling, the author has obtained marked results from a modification in the technique of the wet pack which has thus proved valuable in many emergencies.

Guided by the idea that the chilling effect of ablutions or baths is due to lack of responsive action in the cutaneous vessels, I have had the wet pack prepared on an adjoining cot or bed by laying two thick and large woollen blankets, over these a thin blanket, and on the latter a coarse linen sheet well wrung out of water at  $70^{\circ}$ – $80^{\circ}$ —the colder water being the more useful. Care should be taken that the patient

be rapidly enveloped in the damp sheet and successively in each blanket. So soon as he declares himself quite comfortable or warm, the outer thick blanket is removed, and in five or ten minutes the second blanket is also removed, and the patient is now permitted to remain in the thin blanket for five to ten minutes. He should not be removed at all if he falls asleep, as is frequently the case. By this measure the lack of reactive capacity and fears of the patient may be circumvented and all the antifebrile effects of cold water obtained—stimulation by the first cold impact, reaction after being wrapped, cooling by capillary evaporation through the thin blanket, and if necessary another stimulation by rapid rubbing with a cold damp towel or an alcohol rub or a cold ablution. A few packs of this type may prepare the patient for ablutions, sheet baths, or tub baths, which he will now bear without ill effect.

Many corroborative contributions from practical hospital physicians may be cited in favor of the wet pack in acute diseases. Rendu\* offers the results of ten years' observations with the wet pack. He claims that it may be readily substituted for the cold full bath; that it reduces temperature and favors elimination of toxic products; that it relieves the kidneys, refreshes the nerves and prevents cardiac collapse; that the lay public would more readily accept the cold wet pack than the cold bath; that it is, therefore, more applicable in private practice. Rendu yields to the prejudices of people who insist upon medication, by adding some innocent vegetable decoction or salt to the water of the pack. He claims that neither age nor constitution offers a contraindication to the wet pack. He lauds the prolonged wet pack especially in acute nephritis (in which Kussmaul has recommended it), and he opposes all diuretic remedies. See page 127 for wet pack in nephritis.

Wachsmuth has recommended the wet pack in severe diphtheria, losing three cases out of fifty, two of which were in *extremis*.

*Reliable in Chronic Disease.*—If the body temperature is normal or a little above normal, as is the case in most chronic diseases, the thermal irritation is the same as in acute disease, but the response to it is quite different, owing to the usually depressed nerve tone and diminished reactive capacity. The peripheral vessels are contracted; the patient probably shivers longer, because the surface is not so rapidly supplied with fresh blood and the latter is more readily cooled. In extreme youth and in old age the power of reaction to the thermal irritation is diminished. This also depends upon the more or less vigorous condition of the patient, and, to a certain extent, upon his temperature. The cooling effect lasts ten minutes or longer, during which time the patient feels somewhat uncomfortable, and often begs to be

\* *Revue d'Hygiène Thérapeutique*, June, 1893.



removed from the pack. The first impact of cold upon the surface, too, often produces gasping respiration and enhances the discomforts experienced. These, however, pass away more or less quickly. The equalization between the body temperature and that of the damp sheet and the evaporation from the latter envelop the body in a vapor of its own creation. The relative labor to which the system is thus subjected is of great benefit to the circulation, and it has been demonstrated that it aids in enhancing tissue metamorphosis. The patient, lying quietly in the pack, often falls asleep. Indeed, I have seen at Professor Winteritz's institution at Kaltenleutgeben numbers of patients soundly sleeping, although the packs were usually given before 7 A.M., *i. e.*, just after rising from bed.

The calnative effect of an hour's sleep in a gentle position, as it were, is valuable in functional nervous, hysteria, and some heart troubles, as will be shown.

MAX HERR, of Vienna,<sup>6</sup> calls attention to the fact that by the wet sheet the epidermis is saturated with water. He investigated the radiation of heat in a feverish tuberculous patient, and discovered that despite an elevated axillary temperature, the patient did not lose more heat by radiation than did one who was free from fever in the same environment. Herr then soaked the skin thoroughly and found that least radiation increased. Radiation depends upon the condition of the cutaneous surface, and there can be no doubt that a moistened epidermis radiates heat more readily than a dry skin. The heat given off by the epidermis is always replaced by heat furnished by the blood circulating beneath it. If the epidermis is a bad conductor, loss of blood heat meets greater resistance, while in a better conducting condition it literally "soaks up" the heat. These observations afford a rational explanation of the antithermic effect of wet packs.

In an able monograph on the wet pack and massage, the late Dr. Mary Patricia Jacobé furnishes an intelligent and comprehensive explanation of the wet pack that I reproduce it in testimony of my appreciation of this contribution to the subject by an American physician.

"The increased production of heat, determined by the stimulation of the heat-regulating apparatus, irrespective of the amount of heat abstracted by the cold, involves functional activity (1) in the sensitive afferent nerves; (2) in one or more parts of the nerve centres; (3) in centrifugal nerve fibres of some kind terminating in muscles; (4) in the muscles where are performed the chemical processes involved in the production of heat. Thus the organism is induced to perform a definite and not inconsiderable amount of work. On this account its nerve-muscular tissues, or a large portion of them, are brought into a

<sup>6</sup> *Monatsschrift für praktische Heilkunde*, Juli, 1895.



condition favorable to nutritive assimilation. But this is not all. When the reaction after the cold pack is normal, the column of blood which sets inward toward the chylificative viscera very soon turns outward again, accelerating the entire circulation of these organs in the same direction. As a most important result, more nutriment is carried into the general circulation, and with the abatement of the gastro-intestinal hypæsemia the appetite revives.

"Sleepiness during the pack nearly always occurs in successful cases, and we have found the greatest benefit to accrue when the patient was able to sleep for half an hour after the completion of the pack and massage. If we may assume, for reasons already stated, that during the first period of the pack blood circulates in increased volume and under increased pressure through the nerve centres, and that in consequence the acid fatigue products, which have been maintaining a permanent excitation of nerve elements, can be completely removed, the immediately subsequent diminution of blood supply, effected during the second part of the pack, cannot fail to be a great advantage, for it lowers the functional activity of the nerve tissues that has been unduly prolonged, and brings them, therefore, into the condition which is a necessary preliminary to the beginning of nutritive assimilation. The diminution of blood supply is not sufficient to interfere with this latter process, for it is not below the point which exists in sleep, the physiological period of the nutritive assimilation in nerve-muscular tissues. Accepting Baske's law for these tissues, that they are only nourished when fatigued, *i. e.*, relaxed, we may see further in the muscular relaxation induced by the warm moisture of the pack a condition most favorable for the nutrition of the muscles."

*Modifications of the Wet Pack.*—The modifications to which the action of the wet pack may be subjected by slight changes in its technique explain why the hydropaths have lauded this procedure since the days of Prieznitz as a panacea for all ills. The practical observations of these empirics are worthy of regard. Even their singular claim of withdrawing poisons from the blood by this measure is not entirely without scientific foundation. While we may accept their statements and claims *cum grano salis*, it is wise to test them clinically. This has been done by Winternitz, Kussmaul, and the author.

The modification of the wet pack for cooling purposes has been referred to in the description of its applications in fevers. Similar modifications of effect may be obtained by modifying the *duration* of the procedure. In patients coming under treatment with a nearly normal temperature, the nutritive capacity may be first increased by friction, the dry pack, or a hot-air bath. This, however, is rarely nec-

cessary, when the sheet is coarse and well wrung out of water not above 70° and the patient is rapidly enveloped in it and covered as directed (Fig. 118) by the blankets. The chilling effect of the cold sheet is soon neutralized by heat furnished by the organism, which has been aroused to defend the attack upon the skin. So soon as the temperature of the sheet reaches that of the normal skin (about 90°), chilling diminishes. If the pack is continued, the supply of heat from the interior increases the temperature of the skin and sheet, because the heat production continues after it is once aroused for the compensation of the initial heat abstraction.

The warm moisture now enveloping the patient produces a soothing effect, which may be continued by removing the outer blanket to counteract the increase of heat which continues to form as a result of the primary stimulus of cold.

If the blanket covering be increased, on the contrary, or a rubber sheet be placed over the pack, heat diffusion will be checked more or less, the skin will become hyperæmic, the face flushed, and all the phenomena of a hot bath will ensue, even to abundant perspiration of the face. The amount of actual functional work of the entire organism which this process demands may be utilized for the benefit of the patient, or become detrimental if injudiciously evoked and applied.

*In Nephritis.*—When the excellent investigations of Kaufmann and Barro (*Berliner Klin. Wochenschrift*, 1888, No. 28) on the cold wet pack in nephritis, etc., made in Kussmaul's Clinic, came to the author's attention, he recognized that the results must be due to the above briefly stated *caloric*, and he has adopted the cold wet pack as superior to other heating procedures in many cases of nephritis, gout, and rheumatism. When the body temperature is above the normal or when the attack is sudden, as in the albuminuria and even in eclampsia of pregnancy, reaction ensues very rapidly if the wet pack is judiciously given. Diaphoretic action ensues, and all the favorable results that may arise from diaphoresis are enhanced by the improved condition of the circulation, general and local, which have been demonstrated as resulting from the wet pack.

*Hot Blanket Pack.*—This measure is so frequently referred to in the literature of nephritis that its technique may be appropriately described. The usual method is as follows: Three or four woollen blankets are placed upon a bed or cot; the upper one is wrung out of water as hot as the attendants can bear it on their hands, by each one twisting the gathered end of the blanket in opposite directions. The hot blanket is rapidly spread upon the other blankets, and the patient snugly wrapped in it and successively in the other blankets. The



danger of scalding patients has been much overrated by inexperienced writers; the blanket loses much heat while being spread, indeed often more than is desirable. If conscious, the patient soon experiences the warmth and discomfort of a hot bath and ere long demands release. There is no stimulus to the heat-producing functions; on the contrary, the temperature adjustment is in the opposite direction, perspiration of the face ceases, and by capillary attraction the vaporized water begins slowly to disappear in the fibres of the blanket. Instead of an accumulation of heat which results in the cold wet pack from the activity of the compensatory heat-regulating function, we observe after the first impact of the hot blanket pack a diminished heat production.

The author has demonstrated to his classes at the Post-Graduate Medical School the difference between the cold wet pack and hot blanket pack in chronic nephritis and in the nephritis of pregnancy, and he has added the testimony of the nurses to the effect that when the hot blanket pack is removed the damp blankets are cool, when the cold wet pack is removed the damp sheet is warm. In both instances the effect would be enhanced by snugly enveloping the entire pack in a rubber sheet, to prevent vaporization by capillary attraction. The cold wet pack is therefore entitled to preference. It has not been generally adopted, on account of the legendary prejudice against cold applications to the skin in nephritis and rheumatism. Even the reputable testimony of Kussmaul appears to have failed to remove this prejudice.

Von Noorden and Grödel\* approve of it in nephritis when good reaction is provided for.

The author hopes to arouse more critical attention to this valuable procedure by this brief exposition of its rationale and merits. In my last service at the J. Hood Wright Hospital, a case of eclampsia in a six months' pregnancy was brought in by the ambulance. Rapid delivery produced a pause after twenty convulsions; the patient remained unconscious, secreting eight ounces of urine, mostly albumin, during the night. In the presence of physicians from the class of the Post-Graduate School, a wet pack at 55° F. was applied. When the unconscious patient was rolled into the cold wet sheet she muttered: "It is wet, it is wet." After three packs at four-hour intervals, the urine removed by catheter increased, and in a week became normal in quality and quantity.

The *therapeutic applications* of the wet pack in chronic diseases are extensive, it being valuable in all chronic cases in which defective tissue metamorphosis is a prominent element, as in *diabetes, rheumatism,*

\* *Lancet*, 1911.



gout, some disorders of the digestive apparatus, *neuritis*, and *alcoholism*. In the functional *asthenoses* the wet pack offers a means of allaying irritability, and, if succeeded, as it should be, by a half-bath, douche, or other active mechanical hygienic procedure, it will refresh the nervous system, improve tissue change and the blood-making function, and invigorate the circulation. This a combination of effects results which to other procedure is capable of furnishing. In these cases it may be profitably used as a preparatory measure for the douches, instead of the hot-air bath. Indeed, this was its chief application by Priessnitz and the hydropaths, who value this procedure above all others.

"In *chronic mental disorders* the wet pack has developed as a valuable remedial agent.\* Two years of almost constant use of the cold wet pack in carefully selected cases has demonstrated its value in many forms of cerebral disorder and mental disturbances hitherto deemed most intractable.

Foster regards cold wet packs (50° F.), general and local, as "a new safe and effectual" in mental cases, complicated with "renal symptoms, often complete retention, marked reduction in daily excretion of urea (to one-quarter normal amount) notwithstanding the enormously increased metabolism; albumin, casts, or blood in urine, singly or in combination."

"At the Tenet Building quite a number of cases of *paralysis* in advanced stages have been for a considerable time under treatment at the hands of Dr. Foster. The main therapeutic agent has been the cold wet pack. Dr. Foster's conclusions are that "the (increased vascular tone, with consequent restoration of equilibrium is raised) pressure, the relief of the lymph channels, and a more normal supply of healthy blood to the starving tissues are supposed to be the causes contributing to the mental calm and frequent refreshing sleep which the pack brings.

"The foregoing processes are all enhanced by massage following the pack, especially effleurage. The thermometer is always used to determine details of covering, need for artificial heat or cold.

"The benefit of this active treatment is by no means limited to cases of *paralysis*. *Melancholia* and *acute maniacal attacks* are often relieved, but the important question of today is: In this hitherto incurable disease does it offer, even in a small proportion of well-established cases, some ground for hope? It can certainly do no harm to try it in other hospitals.

"In the past year four men, *paretics* in somewhat advanced stages of *paralysis*, have been treated at the Tenet Building by the pack with marked benefit in calming excitement, promoting sleep, relieving sud-

\* Government Report of the Hospital for the Insane, Washington, D.C., 1896.

denly occurring mental confusion and excitement of vascular origin. Three of these men are now living, the disease apparently in abeyance and the mental condition very markedly improved from that at the time when the treatment was commenced. The fourth is dead. In the fourth year of his disease, he seemed permanently bedridden and approaching the end. He was removed to the Tower Building and subjected to massage and the pack. The improvement was as wonderful as it was unexpected. In two or three months he was again up and doing his work about the ward; the lost motion had returned and apparently much of his former mental activity. Then suddenly, with no premonition, epileptiform convulsions returned, bringing a fatal termination. This man died of paresis, yet he came nearer to a recovery in the first instance than any other parietic in the hospital."

Dr. G. W. Foster, of the Eastern Maine Insane Asylum, writes, January 28th, 1903, of his report on the value of the local wet pack in acute exhaustive mania (see Reports of 1901 and 1902).

#### THE WET COMPRESS.

This simple application is perhaps the most universally used hydrotherapeutic procedure. In Germany it is called the *Priessnitz Umschlag*. Although this water quack doubtless was original in its application, the merit of its invention should be assigned to Lucas, the discoverer of the wet pack, of which it really is a modification. All that has been said of the *catucole* of the latter procedure may be applied to the wet compress in a minor degree, because of the smaller surface to which it is applied.

*Technique.*—Two or more folds of old *linen*, thin or thick as may be required, and of the necessary size and shape to conform to the part which is to be treated, are formed into a compress. Cotton cloth is objectionable, because it does not receive or hold moisture so well. If, however, linen is not available, the oldest and most worn cotton cloth should be selected. The compress is wrung out of water of the required temperature and is covered with flannel or with a dry piece of linen of the same shape, but an inch or two wider and of sufficient length to secure the wet cloth snugly when pinned. It is a *sin qua non* of the cold wet compress that air be excluded from it, because the vaporization of water contained in it by the warmth of the skin renders the latter extremely sensitive to chilling, which is the usual result of an imperfectly applied compress. The compress is renewed every hour as a rule, but this depends on each individual case. Before removal a fresh compress should be laid in readiness. A cardinal rule to guide in the renewal of the compress, applicable in all cases, is that the latter should be warm before removal. If it has not been warmed by an

hour's application with the skin, it must either remain or be renewed without renewal, as directed below. As the method differs so considerably with the therapeutic aim, it is necessary to enter into a detailed description of the compresses commonly applied to different parts of the body.

*The Head Compress* consists of a linen towel well wrung out of water at 40°-75° F., which is applied to the head like a turban. It is useful in all procedures in which retrocession to the cerebral vessels may be apprehended, as in wet packs and hot-air baths. It is a commonly accepted idea among hydrotherapists that this application prevents uncomfortable symptoms and even dangerous congestions. Whether this purely empirical practice is based on correct reasoning or not, the wet turban certainly renders the procedures in which it is applied more agreeable.

*The Throat Compress.*—Although this compress is probably more frequently applied than any other, it is remarkable how little its *raison d'être* is understood and how imperfectly it is applied. The usual method is to fold a handkerchief or napkin into a narrow bandage, dip it in cold water, wring it out, and wind it around the neck, securing it by a pin (Fig. 33). In a very short time the movements of the patient displace this bandage, which has been applied loosely to prevent choking, so that it loses its shape, allowing air to enter freely from above; more or less chilling is then produced and the compress dries rapidly. As will be seen in the description of the therapeutic indications of the throat compress, the object is defeated by this imperfect application, unless it is intended to treat some tracheal or laryngeal trouble. When intended for the treatment of tonsillitis, diphtheria, and other pharyngeal affections, the throat compress should be applied as follows: A piece of old thin



FIG. 33.—Imperfect Throat Compress.

linen, of sufficient length to reach from below the ear on one side to the



same point on the left, is folded into a bandage of four layers. A piece of flannel, eight by twenty-four inches, provided with a slit for each ear, is also made ready. These bandages are fitted by actual measurement to the patient's head, so that they may pass under the chin from ear to ear. The linen compress bandage is now wrung out of water at



FIG. 34.—Throat Compress.

60° and laid upon the middle of the dry flannel bandage. While the wet bandage is placed under the chin, the flannel bandage is unrolled from the top of the head and passed over the right side of the head (the right ear being made to protrude through the slit), and then passed under the chin to the left side, where the left ear is also allowed to protrude (the slit being made longer than actually needed, to insure perfect apposition of the bandage and prevent pressure on the ear). The entire bandage is now firmly drawn over the head and secured by pins (Fig. 34). Two sets of bandages are required—one being allowed to dry while the other is in use.

In children and restless patients, additional security is afforded by a circular turn around the head, forming a bandage to which the throat compress may be pinned.

The *chest compress* is prepared by cutting three folds of old linen of a sufficient size to fit the entire chest from the clavicles down to the umbilicus, with arid-oles in the region of the axillæ, made by exact measure from one axilla to the other, sufficiently deep to allow the upper edge of the compress to reach above the clavicles and admit of the junction of the flaps thus formed on each side, to cover the shoulders. Two such jackets, and two pieces of closely woven thin flannel of the same shape, but an inch wider and longer, should be provided and fitted to the patient. One of the linen compresses is rolled up and soaked in a basin of water at 60° F., and

wring out so that it remains quite damp without dripping. The flannel is now spread out upon an even surface and the wet compress put upon it, so that there remains an edge of flannel about an inch wide all around. Both are rolled together half-way. While the patient is gently turned upon his left side (Fig. 35), with the precaution of not allowing any exertion on his part, the compress is so placed upon the bed that the rolled part lies in close proximity to the left side of the patient and the lower edge of the left slit is under the left axilla. Now the



FIG. 35.—Application of Chest Compress.

patient is quietly turned upon his back, so as to release the rolled-up portion. The latter is now unrolled, and both edges of the compress are brought forward upon the front of the chest and are thus made to envelop the latter singly. The flannel cover, which has been allowed to lie upon the bed during the application of the wet compress, is now brought forward so as to cover the latter. It is secured by two safety pins in front and one pin upon each shoulder (Fig. 36).

As indicated above, this compress should be made to fit snugly, when wrapped around the chest, to prevent chilling during vaporization of the water. On the other hand, it should not be so tight as to embarrass the breathing.

The compress should be changed about once every hour, and the

precaution previously mentioned, to have a fresh compress in readiness before removal, must be observed, in order to obviate needless exposure of the nude chest, which interferes with reaction. Another important precaution should be impressed upon the nurse, *viz.*, to ascertain by inserting the finger beneath the compress if it is thoroughly warmed and to avoid renewal if the linen is cool. So long as the rectal temperature is above 99.5° F. the compress may be renewed every hour; when it falls below this point, it should be allowed to re-



FIG. 36.—Chest Compress Complete.

main until dry, then removed when convenient and discontinued until the rectal temperature again rises. Thus a rotation is kept up every half-hour or hour, as the case may require, night and day, unless the patient is asleep. The water in the basin should be renewed each time, and the compress rinsed off in another basin before it is rolled up for soaking. In order to insure thorough cleanliness and prevent funnels by furthering asepsis, two sets of compresses are required to admit of changing, and each compress should be boiled once in twenty-four hours, as in the other forms of this procedure. A very prevalent error is committed unwittingly by nurses in their commendable zeal for cleanliness, *viz.*, the covering of the compress with ribbed silk or other waterproof material. The latter would convert the wet compress into a poultice—in surgery termed a wet dressing. Inas-



much as the chief aim of the wet compress is, first, stimulation by the thermic excitation, then hyperæmia by reaction, and it is desired to reduce the latter slowly by evaporation through the flannel for antithermic effect, the impervious covering would defeat the object. Unless nurses have been specially instructed, they will surely use a water-proof cover, especially over an abdominal or chest compress.

The technique of the procedure has been entered into with a detail that may seem needless. As will be shown later, these details insure precision, and upon their exact execution may depend success or failure. The physician should himself supervise the first application of all compresses, just as he should supervise the first Brand bath in typhoid fever. A skilled nurse can apply these compresses with a minimum of disturbance.

There is need, too, of individualization. In the average case a temperature of 60° F. will be appropriate. Should the patient evince stupor or muttering delirium, a lower temperature should be adopted, and the chest should receive one or more dashes of colder water before renewal of each compress. The same procedure is indicated in leuccho-pneumonia, when the bronchi are blocked by secretions or cyanosis exists.

When in adynamic conditions the compress does not warm readily and the skin remains cool after expiration of an hour, the linen cloths should be removed and the chest wrapped in flannel alone until the skin becomes warm. Then the compress should be well wrung out of water at 60° and applied after gentle friction. Such a compress, if singly applied, improves cardiac action, as evidenced by return of pink hue to the finger-nails. Cautious abstention from and resumption of cold procedures as indicated, furnish a simple but potent weapon against adynamic conditions, especially in the pneumonias of children.

A higher temperature than 60° F. may be used if there be much facitation, insomnia, or excitability. In the latter event great benefit will accrue from allowing the compress to remain two hours and moistening it more thoroughly before application, thus converting the compress into a soothing fomentation that is not relaxing like a poultice.

The *rationale* of this chest compress will be fully discussed in an article on pneumonia.

An excellent chest bandage has been devised by Winternitz and termed by him "crossbander" ("Kreuzband"). A bandage made of linen 2½ to 3 inches wide and 16 to 20 inches long, two folds thick, is wrung out of water at 60°-70° and prepared. The left end of this bandage is placed on the back below the left shoulder; it is now carried forward across the chest, turned around the latter, and brought

forward across the chest in front over the left shoulder, and again around the chest below. This is covered with flannel. The author prefers the vest-shaped compress described above in pneumonia, because it may be applied with a minimum of disturbance, while the cross binder requires a sitting posture.

The *abdominal compress* consists of a piece of linen in three folds of sufficient size to reach from the sternum to the pubis and lap over on each side of the abdomen. This is wrung out of water at 60°-70° F., and held in position by a flannel bandage a little wider and long enough to reach around the body, being snugly secured in front by safety pins.

When a change of this bandage is necessary the flannel is simply opened, the fresh compress applied, and the flannel again secured. When the latter becomes so damp as to convey moisture to the bed clothing, it should be changed. It is always well to keep two or more sets of compresses on hand. Each compress should be heated once a day for fifteen minutes, to prevent septic furunculosis. The author is cognizant of an instance in which a most able physician became prejudiced against these compresses, because his hospital patient, a depreciated individual, suffered from painful furuncles while convalescing from a severe attack of pneumonia treated with compresses. If the exact technique here described be followed, no untoward circumstances will occur. The nurse should be cautioned to provide a dry flannel cover to prevent the patient's clothing and bed clothing from becoming damp. Rubber sheets must be avoided; they prevent evaporation and defeat the object of the compress, which is cooling and secondarily stimulating. An extra sheet folded several times and placed under the trunk of the patient is the best protection. This precaution applies to all compresses.

The *Neptune girdle* consists of a bandage of coarse linen, sufficiently large to cover the entire lower part of the trunk, from the ensiform cartilage to the pubes, and long enough to reach around the entire trunk and afford a double cover for the abdomen. This is wrung out of water usually of 60°-75°, snugly wrapped around the body several times, covered with another linen or a flannel bandage and secured by pins. These bandages are changed twice or three times in twenty-four hours, the part being washed with cold water each time before a fresh bandage is applied. This is the so-called *Preussnitz Umschlag* of the Germans, which the author rarely has had occasion to use, except in chronic cases. In the latter it may be renewed three times in twenty-four hours, the parts being rubbed with a cold damp towel previous to each application. Preussnitz was wont to point with pride to the purulent furuncles produced by his "Umschlag," claiming that its

power to remove "bad humors" was thus clearly demonstrated. These boils were due to infection of points abraded by the coarse wet linen he used, an infection that was prevented by the continuation of the same compress for long periods.

*The Combination Compress of Wiatersvitz.*—This is a modification of the *Nephtus girdle*, which is applied in certain conditions mentioned



FIG. 37.—The "Wiatersvitz Combination" Compress. (From "FÄHNER für Klinische Hydrotherapie.")

below. He applies the wet compress as usual, but lays a Leiter or rubber coil upon the epigastric region, and covers it with a dry bandage.

A bucket of very hot water being in readiness upon a shelf or other high point near the bed, the afferent tube of the coil is connected with the hot-water supply, which is made to flow through the coil into a vessel connected with the efferent tube (Fig. 37).

*Rationale of the Combination Compress.*—The cold wet compress enveloping the trunk from above the base of the ensiform cartilage to the pelvis produces, like all cold procedures, an anæmic condition of the skin beneath. The cutaneous vessels are contracted, the peripheral nerves are irritated, and the respiration is deepened. Reaction quickly ensues; the parts grow warm, the vessels become dilated in a tonic manner, and the circulation is rendered more active. Beneath the part which is covered by the coil containing hot water, reaction is more rapid and the part becomes warmer and hyperæmic. As a consequence the epigastric region is covered by a warm moist vapor; a decided calming of the cutaneous nerves ensues; this is doubtless transmitted by reflex through peripheral ganglia to the underlying parts, which are at the same time rendered less congested by reason of the derivative effect to the skin.



This compress has been used with advantage in obstinate vomiting, organic or functional, even in the vomiting of pregnancy; in gastric catarrh, hyperacidity, ulcer of the stomach; also in dysmenorrhœa and pleuritis when applied instead of poultices; in typhlitis, pneumonia, meningitis. In the anorexia which is so common in phthisis and other wasting disease, it is highly lauded by Wendringer,\* who cites several striking histories. Like Winternitz himself, he induced patients to take large quantities of food during the application of this compress and coil, and often the food was retained after failure of all other remedies to effect this result.

The *technique of the wet compress* differs according to the object aimed at, compresses being applied according to the latter.

The *antiphlogistic compress* is composed of two layers of old and thin linen, which are dipped into water not over 60° F., and applied singly over the inflamed part. It is not intended to influence the latter when the inflammation is deeply seated. Its therapeutic action is due to a contraction of the inflamed vessels, which contraction must be maintained by frequent renewal and by avoiding any covering; otherwise the compress would soon be converted by the heightened temperature of the inflamed part into a fomentation or poultice, the effect of which would be contrary to that desired. The tonicity of the vessels is enhanced by the impact of the cold conveyed by the moist linen; the part becomes anæmic, and the circulation, which has been accelerated by the inflammatory process, is diminished. The process being inhibited by the continuous cold, because the migration of white cells is interrupted, exudations are prevented, and the nutrition of the part is enhanced by the tonic stimulation induced by cold. An exact adaptation of the latter to the therapeutic indication is, however, essential, as in all other hydropathic procedures; for if the temperature of the water be raised beyond 75°, or if the cold be not maintained, the contraction of the cutaneous vessels will be followed by dilatation, and the antiphlogistic effect will be inhibited. If, on the other hand, the temperature of the water be too low, 40° to 50°, the peripheral nerves and vessels may be paralyzed by its continuous application, or, if the latter be intermittent, dilatation must follow, which would not further our therapeutic aim, but rather oppose it by producing an afflux of blood to the already hyperæmic skin. For the purpose of cooling inflamed cutaneous parts near the surface, a compress moistened with water at from 50° to 60° F. should be applied; the latter may be frequently renewed by allowing cold water to drip upon the linen, the excess being removed on a thickly folded towel lying beneath the part; or, what is still better, ice bags, or a coil through which cold water is made to

\* *Monatsschrift für Wasserheilkunde*, December, 1884.

flow continuously, may be applied over the cold compress for the purpose of maintaining the low temperature of the latter.

*Cooling Deep-Seated Parts.*—Contrary to the commonly prevalent idea that cooling applications made to the cutaneous surfaces penetrate deeply if sufficiently cold and prolonged, the author is convinced that the heat-regulating machinery of the body is immediately called into action for the purpose of resisting the invasion of cold into the interior and that it thus frustrates the object in view. The application of ice bags in pneumonia, pericarditis, peritonitis, gastritis, appendicitis, etc., is so universal that the author opposes this practice with great hesitance and reluctance. Due consideration of the contradictory findings of various experimenters and the teaching of practical experience may convince the reader, as it has convinced the author, of the fallacy of the established practice. The anæsthetic effect of a hot poultice or an ice bag cannot be denied, but that such external applications can affect the lungs or appendix to any appreciable extent is doubtful. Dr. Henry C. Cox has informed me that he observed, while acting as pathologist to the Woman's Hospital several years ago, no effect upon peritonitis, after the most energetic use of the ice coil, in any of his post-mortem examinations. In operations on the living subject he has never observed the slightest effect of previously applied cold applications upon the hyper-vascular condition in the peritoneum. This is the experience of all laparotomists. The action of cold on temperature has been fully set forth and therefore need not be reiterated. In connection with and in support of this physiological proof the excellent experiments of Dr. W. Gilman Thompson\* may be of interest. Dr. Thompson etherized several dogs, shaved the abdominal wall, and made a small incision on one side of the latter through which a long-stemmed thermometer was passed to the opposite side of the abdomen. When the thermometer was felt pressed up beneath the skin an ice coil was applied for an hour. So long as the dog's circulation was maintained, the thermometer remained uninfluenced, but as soon as the dog was killed the temperature of the abdominal cavity began to fall very rapidly. Heat applied by poultices showed a corresponding behavior. In a cadaver with an abdominal wall not over one-half or three-quarters of an inch thick the cold of an ice coil penetrated very slowly, but finally, after three-quarters of an hour, it caused a diminution of intra-abdominal temperature of 25° F. If a cold coil be placed on the abdomen of a typhoid patient and water of 32° or 34° F. be allowed to run through it, a thermometer placed between the coil and the abdominal wall would average 64° to 70° F. Hence, so long as the circulation is fairly good, it appears to be impossible to influence materially the deep-seated vas-

\**International Clinics*, 1892.



sels by external local contrasts of temperature; certainly it is impossible to control hemorrhage by these means, and, practically, Dr. Thompson has never seen any benefit from such attempts. If any result ensues it must come through very circuitous reflex action.

Results differing from those reported by Dr. Thompson are discussed by Rob. Heintz (*Deutsche med. Zeitung*, March 20th, 1891) before the Congress for Internal Medicine in Berlin. He starts by taking it for granted that vessels in deep-seated parts may be influenced by cold and heat, moisture, wet-cups, etc. He claims to have ascertained, by means of a thermo-electric apparatus in the pleural cavity of rabbits and dogs, whose chest walls are thicker than those of man, that cold compresses placed upon the shaved skin diminished the pleural temperature from one-tenth to one degree, and that the ethyl-chloride spray upon the shaved skin reduced the internal temperature  $10^{\circ}$  C. Opposite results followed applications of heat. Penzance's observation on various cavities also have shown reduction of temperature under superficial cold. This result is easily explained: the ribs and other bones are not filled with warm blood as are the soft parts and therefore form better conductors and more feeble antagonism to the penetration of cold. This anatomical fact may explain the cooling effect upon the heart, which Siva claims to have produced with the precordial ice coil.

Some interesting experiments are reported by Silex\* to demonstrate the fallacy of the views entertained on the application of cold for inflammatory conditions. He anesthetized the conjunctiva with tropæcaine. The temperature (ascertained by a thermo-electric apparatus) of the healthy conjunctiva was  $1.51^{\circ}$  C. less than that of the mouth, while in cases of conjunctivitis, corneal ulcers, etc., that of the conjunctiva was  $0.89^{\circ}$  C. less; inflamed eyes were only  $0.62^{\circ}$  C. warmer than healthy eyes. In a few cases of iritis the conjunctival temperature was  $0.92^{\circ}$  C. higher than the oral. The application of cold compresses to the lids increased the temperature of the conjunctiva; warmth diminished it. In a case of gonorrhoic blepharitis the temperature of the conjunctiva increased  $2.24^{\circ}$  C. after ice compresses were applied for ten minutes. His experiments on animals showed an increase of temperature in the organs over which ice had been applied. The findings of Silex are contradicted by Mallet and Giese,† whose experiments show a distinct increase of conjunctival temperature after hot and decrease after cold compresses over the lids. And confirmation of the latter is furnished by Hertel,‡ who found not only direct conduction

\* "Ueber kalte und warme Umschläge," *Münchener medizinische Wochenschrift*, 1890, No. 4.

† Knapp: *Schweigger's Archivs*, 1891.

‡ *Archiv für Ophthalmologie*, 1890, No. 1, p. 125.



through the thin lid to the conjunctiva, but also to and through the globe of the eye. Hertel attributes this conduction very justly to the thinness of the lid, in which scarcely any fat is found, and to the watery contents of the ocular globe. Both cold and heat acted as anodynes in superficial keratitis,ritis, and cyclitis, by reason of their anæsthetic effect upon the sensory terminals.

The experiments of Sillex and Giese were made with a thermo-electric apparatus, those of Hertel with a thermometer.

*Cooling applications to the head* have long been in use in meningitis and other hyperæmic conditions within the cranial cavity. Ramarch has shown that cold may be conveyed through bone. This is probably because the circulation in the cranial bones not being sufficiently active to resist the invasion of cold into the interior they rather aid in conducting it to the meninges. The ordinary ice bags used for this purpose are clumsy and, despite their popularity, inadequate. Aside from their weight and roughness, there is always more or less condensation on the outside of the bag, which causes wetting of the pillow and cushions, in subacute conditions, to rheumatic pains. An improvement on the ice bag is a wet compress of two or three thicknesses, which is made to cover the head (preferably after the hair is clipped) and which is held in place by a rubber-heel cap (Fig. 38). Through the latter ice water may be made to flow for the purpose of maintaining the continuous low temperature desired.



FIG. 38.—Head Compress.

11. *The stimulating wet compress* is most frequently used. It consists of two or three folds of old but coarse linen, which is well wrung out of water at about 60°, covered by a flannel or by another linen bandage, and allowed to remain until it is warmed thoroughly in acute cases or until it is dry in chronic cases.

Not infrequently the stimulating compress does not warm up; the patient feels chilly and uncomfortable. The compresses need not be discontinued on that account. It is necessary only to leave it on until it is thoroughly warm and to apply cold water with friction before the compress is reapplied in these cases, for the purpose of inciting the

activity of cutaneous vessels by this thrills irritation and thus enhancing reaction. The same purpose may be accomplished by using much colder water for the compress and wringing the latter more thoroughly. This is contrary to the prevalent idea, which is based on the error that cold water depresses and warm water stimulates. *A stimulating cold compress must never be removed, if it is not sores.* For this reason it is well to discontinue it in acute infectious diseases when the rectal temperature falls to 99.5° F.

*Rationale of the Wet Compress.*—The usual effect of cold upon the cutaneous vessels is at once produced; they contract by reason of the stimulus from the cold; the part becomes cold, but very soon, according to the temperature of the water and the reactive capacity of the patient, an active hyperæmia ensues—the tonic dilatation so frequently referred to above. Now the compress becomes heated by the afflux of arterial blood beneath it; the further dissipation of heat being inhibited, it accumulates underneath the compress, which gradually attains the temperature of the part—the dry covering preventing rapid evaporation. This heat is accumulated until the compress becomes dry, so long as the application is singly made; the vessels receive an active afflux of blood, local tissue metamorphosis is enhanced, and diseased conditions are removed by the improved blood supply. By the repetition of the cold compress there is produced an alternating effect, cold succeeded by warmth, which eventually increases the quantity of blood circulating in the cutaneous vessels, and must also affect the circulation in the underlying muscles, because the vessels of the latter are in direct connection with the former. Moreover, these vessels are also connected with the deeper circulation, as is demonstrated by the enlargement of the abdominal veins which is often noticed in persons suffering from cirrhosis of the liver. As has been shown in explaining the *rationale* of other cold procedures, whenever the cutaneous vessels are contracted a compensatory dilatation of the deeper vessels ensues. Thus the deeper parts lying underneath the compress receive a sudden afflux of blood during the first impact of the cold compress, and when the cutaneous vessels dilate under the reaction which follows the vessels in the deeper parts are again narrowed. This active fluxion between the vessels of the deep and superficial parts must exert a powerful influence upon the former. Moreover, the irritation of the cutaneous nerve endings by the sudden impact of cold, and the subsequent calming of their irritation by the warming up of the part and its being bathed in a vapor, are conveyed to the central nervous system and thence reflected upon the organs depending upon the latter for innervation. We need refer only to the effect of the cold compress upon the inspiration, which is deepened, and upon the pulse, which is slowed.



A compress wring out of hot water would produce a primary contraction of the cutaneous vessels, which would be followed by their relaxation and loss of tone, while the underlying parts would become hyperæmic. But in this instance the primary thermic effect upon the central nervous system would be almost nil, while the soothing effect upon the peripheral nerve endings would be decided.

Both cold and warm compresses produce effects upon the composition of the blood in parts lying beneath them and upon distant parts, also upon their temperature.

*Effect of Different Compresses upon the Blood.*—Winternitz has investigated the local action of stimulating and warm compresses.\* He found that the composition of the blood after all thermic procedures differs according to the locality of the part from which the blood specimen is obtained, whether it lies near or upon the periphery or near the centre of the body. There was an increase of hæmoglobin in the blood cells and in the specific gravity of the blood as it approaches toward the central parts of the body, the blood from the finger tip or ear lobe being less rich than that of the skin over the abdomen or chest. The leucocytes did not obey this rule; they were sometimes increased at the periphery and sometimes at central points. After cold or warm compresses a great change in composition ensued in the blood of the parts to which they were applied and in the parts untouched by them.

The observation was almost regularly made that after cold an increase of erythrocytes, hæmoglobin, and specific gravity ensued. When cold was applied to the entire surface, the leucocytes were generally increased; local applications sometimes increased and sometimes diminished them. Decrease always resulted after cold sitz baths.

An examination into the effects of the so-called *stimulating compresses* (linen well wring out of cold water and covered snugly with flannel) resulted as follows: Before application, blood from the finger tip showed 95 per cent of hæmoglobin, and 5,800,000 red and 10,000 white corpuscles; blood from the skin over the calf of the leg showed before the experiment 105 per cent of hæmoglobin, and 6,400,000 red and 8,800 white corpuscles. After a stimulating compress had been in position one and one-half hours around the leg, the blood was again examined and compared with that from the finger tip. This showed a loss of 5 per cent of hæmoglobin and of 500,000 red corpuscles, and that the leucocytes were also diminished. In the blood taken from the leg at a point where the compress had lain, the hæmoglobin had risen to 115 per cent, the erythrocytes had increased 1,000,000 to the cubic centimetre, and the leucocytes had increased 800. The change

\* Blauer für klinische Hydrotherapie, 1894.



produced by the stimulating compress was most noticeable in the increase of red blood cells, just as we find in congested parts.

In order to ascertain the effect of warm compresses, the composition of blood from the finger tip and from the skin over the abdomen was studied. The finger-tip blood showed 95 per cent of hæmoglobin and 5,300,000 red cells; the blood from the abdominal skin showed 120 per cent of hæmoglobin and 7,000,000 red cells, while the leucocytes were 7,000, about the same in both specimens. After a warm compress (127° F.) had lain one and one-half hours upon the abdomen a comparison was again instituted, showing that in the blood from the finger tip the hæmoglobin had increased 10 per cent and the red cells 800,000; the leucocytes had also increased 1,000. But the blood taken from the abdominal skin beneath the cataplasma had lost 22 per cent of its hæmoglobin and 2,500,000 of its red cells, while the leucocytes were doubled.

From Professor Brieger's hydrotherapeutic institute of the Berlin University his assistants, Laqueur and Loeventhal, report an investigation of the influence of local hydrotherapeutic procedures upon the composition of the blood. The authors claim that they discovered no positive difference between the effect of stimulating cold and hot compresses upon the composition of the blood, either at the point of application or elsewhere. *The leucocytes, however, were always increased at the point of application, whether cold or hot, while they were diminished at distant points.*

This experiment demonstrates that the choice of temperature is not indifferent when wet compresses are indicated. Although the patient's sensations offer a fair guide, the *retards* of cold and warm compresses enable us to adapt them to the actual requirements of each case. For antiphlogistic purposes it may be safely held that in the early stage of congestion cold applications are useful so long as the circulation in the affected part is still open, which is indicated by the turgor. But when the parts assume a cyanotic hue, when leucocytes have begun to adhere in large numbers to the vessel wall and emigration has become active, applications of warmth further the latter and hasten suppuration when it is unavoidable. The cold compress diminishes congestion, retards leucocytosis and emigration of white cells, while the warm applications have the contrary effect, each being most useful in the respective stage of inflammation.

The wet compress, covered by an impermeable covering, known in surgical parlance as "wet dressing," which is retained for a more or less prolonged period over diseased parts, and is superior to the poultice by reason of its simplicity, capacity for holding antiseptics, and by its lightness, readily demonstrates the difference between a properly and improperly applied *wet compress*, and the capacity of modification

possessed by the latex in adapting it to the therapeutic indications of the individual case.

The antiphlogistic effects of cold compresses are readily explained by the results of Gienmar's experiments\* upon local blood letting. He came to the conclusion that the favorable effect of bleeding upon the inflamed parts beneath was ascribable, not to their becoming more anæmic, but to the fact that the blood stream became more rapid, and thus the corpuscles which had adhered to the vessel walls were loosened and driven into the general circulation. The fluxion therefore which the application of cold or warm compresses produces in parts below them is the true cause of the changes in the latter when inflamed. Thus may the old theory of derivation be satisfactorily explained.

This effect of cold applications may be called into action in some local inflammations in which the parts appear cyanotic and it is important to prevent impending suppuration. Here hot compresses or cataplasms are also useful to arouse the surface circulation; as they cool off they widen the deeper vessels and thus re-establish the circulation which has become stagnant. This being accomplished, cold compresses may succeed the hot, in order to limit leucocytosis and by fluxion remove stagnant corpuscles. It is evident that by the exercise of sound judgment the proper temperature of the compress may be nicely adjusted to each case.

*Effect of Compresses upon Temperature.*—The effect of the stimulating compresses upon the temperature of the part has been studied by Wintersteitz, Pollak, and others.† During the first five minutes the changes vary from 1° to 1½° C. The cutaneous temperature reached its maximum most rapidly under a dry bandage of wadding, in five minutes. Under a wet compress of 104°, without cover, the temperature began to sink in fifteen minutes. Under moist compresses, with dry covering, around the chest or abdomen, the cutaneous temperature rose in some cases even after two and one-half hours had expired. The temperature of the skin fell if the wet compress was not protected by a dry one, doubtless owing to evaporation. The temperature between the skin and the compress continued higher than that of the skin, for an hour or longer, and fell when the compress began to dry. Covering the wet linen compress with some waterproof material prevented drying of the compress, owing to the obstruction of evaporation; the cutaneous temperature did not fall. The highest temperatures were obtained under dry compresses of linen and flannel, either covered with some impervious material or left uncovered. This observation would confirm the value of the old-fashioned cotton and oil-silk jacket for revulsive purposes.

\* *Centralblatt für die medicinischen Wissenschaften*, 1885, No. 11.

† *Pathologie und Therapie der Pathien*, 1887.



The ideas entertained hitherto on the subject of cold and warm compresses are so vague that their mode of action, as ascertained by actual experiments, is of value. It is evident from these observations that there is no special advantage in applying hot compresses for revulsive purposes, because it is difficult to maintain their temperature. Such a compress, especially if covered with oiled silk to prevent necessity for frequent renewal, is chiefly useful for purposes of influencing local inflammatory processes by increasing leucocytosis, and thus bringing about suppuration when the latter is unavoidable or desirable. This observation confirms the value of the old-fashioned poultice, covered with oiled silk, which every practical physician has applied with satisfaction.

On the other hand, whenever revulsive action with a continuous tonic effect is desired, the cold wet compress, covered with dry flannel, is superior to all other applications, because it raises the cutaneous temperature in a physiological manner—by reaction—to a point beyond the normal, and an such renewal causes a dilatation which results in an afflux of blood into the part. Such compresses should not be renewed too often, however; the best rule being to renew them just before they become dry. If the patient complains of chilliness of the part, this is an evidence of feeble reaction, which may be counteracted by removing the compress and applying colder water with friction to the part for a very brief period, or by simply reducing the temperature of the compress. Here, as in all other hydropathic procedures, the fact is evident that the colder the water within reasonable limits and the warmer the skin, the more active the reaction which follows.

*Therapeutic Indications.*—In tonsillitis and other inflammatory throat troubles the stimulating compress has been used effectively; not, however, as is ordinarily supposed, for the purpose of cooling the tonsils, etc., but with a view to producing a hyperæmia in the tissues lying between the inflamed part and the compress, and thereby by reflex action to render the affected part anæmic. When suppuration is threatening and the physician desires to hasten it, the throat compress is less wrung out and is allowed to remain longer, in order to hasten the process by the warmth thus produced and maintained (see *Rationale and Technique*).

The *chest compress*, described above, is not used by the author for cooling purposes; for oœdema referred to, he does not approve the application of ice or very cold compresses for hæmoptysis or pulmonary hyperæmia. The stimulating chest compress, however, is useful in phthisis and pneumonia. Aside from the effects referred to in discussing the *rationale* of all compresses, the chest compress causes a deep inspiration, and thus aids in filling the lungs with oxygen and ex-



elling accumulated secretions. Evaporation from the heated compress slowly goes on through the badly conducting flannel covering, creating a warmth around the chest, which is comforting to the patient, allays cough and dyspnea, and thus contributes materially to that alleviation of symptoms which leads to recovery. In phthisis and subacute pulmonary affections, and in chronic infiltration, the chest bandage may be worn day and night; in most cases its use at night suffices.

In febrile cases nothing contributes more to the reduction of temperature, relief of pain, and alleviation of the general malaise than do the chest compresses, containing just enough water not to permit its flowing upon adjoining parts. Such a compress may be renewed as the case demands.

In pneumonia the chest compress is the most important remedial agent, if applied every half-hour when the temperature is above 102.5°, hourly if below, and removed when it falls below 100°. The cold compress (60° F.) produces a deep inspiration; it contracts the cutaneous vessels, which rapidly dilate and soon form a soothing poultice differing from the old-fashioned warm poultice in being more cleanly, and in maintaining a tonic dilatation which aids the heart in propelling the blood through the contraction of the vascular coats, which warm applications would paralyze by relaxation. One cause of heart failure will thus be removed by the half-hourly stimulus to the cutaneous arterioles, arising from the shock and subsequent reaction. That temperature is also reduced by the wet compress in pneumonia the author has repeatedly observed.

In phthisis and subacute pulmonary and bronchial affections, the chest compress, applied only when the patient is in bed, produces not only a stimulating and tonic effect, but also a calming influence upon the cough and softening of the secretions which add immensely to the patient's comfort without the detrimental effects of opiates and expectorants. The process of equalization of temperature between the skin and compress is accompanied by the formation of moist vapor which, being prevented from escaping through the non-conducting flannel covering, bathes the chest and probably penetrates, as has been shown in the physiology of the skin, through the latter and influences cell life and local circulation. The positive difference between the old-fashioned poultice and its impermeable covering and the properly applied compress with its flannel covering lies in the fact that the former lacks the refreshing and stimulating effects resulting from reaction after the cold procedure, a difference which must favor the advantage or disadvantage of febrile circulatory conditions.

Whenever the chest compress is to be discontinued, as when the patient rises from bed, the parts beneath it should be well rubbed with a

cold damp cloth, followed by hand friction and warmer clothing, to maintain the local and general stimulation.

The *obedient compress* has been found very useful in many acute diseases, especially in *typhoid fever* as recommended by Brand, for the purpose of continuing the reduction of temperature following the full bath, in gastritis, hepatitis, peritonitis, appendicitis, and in the enterocolitis of children and adults when accompanied by fever. In these cases it reduces temperature, and by producing hyperemic conditions of the skin (contrary to the commonly accepted idea) it acts as a revulsive. Moreover, the soothing effect of such a compress is an invaluable therapeutic auxiliary in these trying cases, not infrequently preventing the necessity for anodynes, hypnotics, and antipyretics. For these purposes frequent renewal, about every hour, is required. The author has long ceased to depend upon intense cold applications (ice bags) over the region of the appendix and other inflamed parts, for arresting inflammatory processes, or for checking internal hemorrhages (hemoptysis). As a local anesthetic the ice bag has been found useful, especially in appendicitis, in the early stage of which opiates should be avoided because they obscure the most important indications for surgical interference.

In many chronic diseases involving the intra-abdominal organs, be they functional or organic, a properly applied Neptune girdle will be found of great value. Here the wet compress should be worn until it is nearly dry. In the various chronic gastro-intestinal disturbances of adults and children, which lie at the foundation of dyspepsia, diarrhea, and constipation, such a compress is very useful if worn day and night.

In *chronic appendicitis*, occurring in two colleagues, Drs. B. and W., a wet compress was worn continuously over the right iliac region for over a year, with the result that there has been no recurrence during the past ten years. I am in the habit of ordering these continuous wet compresses renewed twice or three times daily in many cases of old exanthems near the surface of the body.

In *insomnia* the Neptune girdle, applied at bedtime, has served me well as an auxiliary by reason of its sedative and soothing effects.

In *gastric troubles*, especially in obstinate vomiting, the Winternitz continued compress (page 147) has proved of good service after failure of all other measures. The first case in which Winternitz applied this measure was that of an hysterical woman, who was dyspeptic, had lost appetite, had eructations, cardialgia, and constant vomiting, which had reduced her greatly. Despite all treatment, including hydrotherapy and rest cure, she grew worse. Winternitz applied his wet compress covered with the hot-water coil and ordered a glass of milk half an hour later. Neither pain nor vomiting occurred. The application was



repeated each time before nourishment was given. The latter was gradually increased in quality and quantity. After the patient left the bed, the apparatus was applied in the sitting-posture with the same result. Rapid improvement in the general condition, weight, and hæmoglobin ensued and continued.

In cases of *obstinate vomiting* of pregnancy Burbaum\* obtained a good result in one week. Wendringer reports in the same journal the successful management of great emaciation with diarrhoea in a pregnant woman, by the use of a high hot enema followed by the Winternitz combination compress.

In *acute, subacute, and chronic rheumatism* the wet compress is an important auxiliary to other treatment. In the J. Hood Wright Memorial Hospital acute articular rheumatism is treated with greater satisfaction, since the addition of these compresses. From twenty to thirty-five per cent of time is saved by the abbreviation of the attack. The duration of the cases, as shown by a comparison instituted by members of the house staff with those of other hospitals, is certainly shortened. In these cases the wet compress should consist of two or three folds of old linen, tightly covered with flannel, and snugly applied on the joints; too frequent renewal being avoided by allowing cold water to drip upon the linen after exposing it anteriorly by removal of the flannel cover. Winternitz recommends wadding as a superior covering for the compress in subacute and chronic cases.

The *hot fomentation compress* demands a separate description. It consists of two pieces of old blanket, about eighteen inches square, which is saturated with boiling water, and thoroughly wrung out by means of a wringer. The latter may be constructed of a crash towel, to the upper and lower extremities of which strong sticks, about twenty-five or thirty inches long, are secured by stitching, so that their ends project on each side. This wringer is placed in a basin and the blanket pieces are laid upon it. Boiling water is now poured upon the latter until they are thoroughly saturated. The sticks are used for twisting the towel in opposite directions, so that not a drop of free water remains on the blanket compress. The painful parts which are to receive the hot fomentation are well anointed before the patient is snugly wrapped in a dry blanket pack. This accomplished, he is approached by the attendant, holding the twisted towel containing the hot, moist blanket cloths. These are laid aside until he has opened the blanket sufficiently to slip the hot fomentation out of the towel upon the affected part. This being rapidly done, the enveloping blanket is quickly closed. If the patient complains of the heat, he should be persuaded to bear it. The fact that the receiving part has been anointed, and that the hot water

\* *Wasser für Klinische Hydrotherapie*, 1883, p. 36.



has been expelled from the cloth precludes any danger of a burn. That imperfect wringing, however, enhances this danger has been observed by the author and should be constantly impressed upon the attendant. In the beginning of the treatment it is well not to apply the compress too hot, in order to insure the patient to higher temperatures gradually. The compress should be renewed or repeated every ten or fifteen minutes; three or four usually suffice to produce a vapor bath. After the termination of the fomentation the patient is gradually uncovered; successive parts are rubbed dry, and quickly washed off with water at 75°, with friction; he is then again dried and put to bed. When necessary a jet or fan douche of 85° may be applied with great benefit. In domestic practice an affusion from a basin of water at 75° or lower, while the patient stands in a tub of warm water, is a useful substitute, if followed by thorough friction.

In *relaxio* there is no home treatment approaching this simple procedure in efficiency when followed by the cold douche.

M. L.—, aged thirty-five years, a salesman, has been suffering from sciatica of the left leg for two months, having run the gamut of all the usual remedies, from salicylic acid to actual cautery. His recovery was probably prevented by continuing on his journey until he reached New Orleans, where he again sought medical advice. On his return to New York he was put to bed, a mercurial purge was administered, and he was put on a milk and farinaceous diet. Once a day three hot fomentations were applied to the sciatic region, and when he was perspiring he was allowed to remain in the pack, covered by an extra blanket, for from one to three hours. He was then rapidly dried and subjected to an ablation with water at 70°. This treatment was continued for two weeks, during which time he was induced to drink abundantly of water. The pain subsided after the second treatment, and the patient made a complete recovery in three weeks.

*Exostoses* and *intercostal* or other muscular rheumatic affections are rapidly relieved by the hot fomentations, repeated every night. In recent cases two or four applications suffice to restore suppleness to the muscles and render motion painless.

#### THE PERICARDIAL COMPRESSION.

The method of applying this compress is as follows: The pericardial region is covered with three or four layers of thin linen, wrung out of water at 40°. Upon this is laid a rubber coil through which hot water is made to flow steadily from a bucket or other reservoir placed two feet above the level of the bed (see illustration, page 147, for apparatus). When a rubber coil is not available a large ice bag filled two-thirds with finely crushed ice may be substituted. A flannel bandage around the chest holds the compress and cooling apparatus securely. It is a very common practice to permit an ice-water coil or ice bag to remain *in situ* continuously and to be removed only when the ice is

method. Any one who will examine the skin under such a long-continued compress or coil may observe its cyanotic hue and chilled condition. If stimulation is desired of the circulation rendered sluggish by "inflammatory processes," this parietic condition of the cutaneous and deeper vessels certainly defeats the object; if cooling is desired, the deeper structures become less accessible the more the superficial vessels are constricted and paralyzed. The author has therefore adopted the practice of never permitting an ice coil to remain longer than forty minutes, and always to allow local reaction to ensue, requiring about an hour before reapplying it. As in all cold procedures it is well to begin with higher temperatures. This is readily accomplished when the coil is used, water without ice being used at first, and the latter being gradually added. When the ice bag is used—and this is far more frequent—an analogous effect may be produced by wringing the compress out of water at 100° and to prevent the too rapid penetration of the cold by making it thicker, say six to ten layers of linen. One or more layers may be removed at each renewal of the ice bag.

*Rationale.*—The cooling of the structures lying above the heart doubtless exercises a reflex stimulus upon the cardiac nerve supply. The cardiac contractions become more vigorous, being evidenced by increase of arterial tension and filling of the radial artery, the pulse becoming more full and slow.

Julien\* showed by some experiments on animals that the ice bag applied to the precordial region was capable of raising the blood pressure from 120 mm. to 170 mm. even to 190 mm., at the same time diminishing pulse frequency considerably.

*Therapeutic Indications.*—In cases of functional arrhythmia or tachycardia, in embolized heartaction due to loss of compensation, and in some cases of adynamia in acute diseases the precordial cooling compress has proved in the hands of the author an excellent heart tonic.

Winternitz has obtained such good results from it that he regards it as the "hydratic digitalis." In my estimation it is far superior to digitalis in the cardiac nervous. It is not applicable in degenerative conditions of the heart. Julien† had occasion to test the efficacy of precordial ice applications in a case of typhoid fever of grave type—a typical picture of the toxæmic-adynamic form of the disease. The patient had lost consciousness and lay on the bed entirely uncovered, in a tetanic attitude varied only by certain spasms of the head. The temperature remained all the time above 104°, the pulse had reached successively 128, 140, and 160. Under these circumstances Julien ordered the application of ice over the heart as a last resort. He watched the pulse closely, ready to stop the attempt at the first signal of danger. But in less than fifteen minutes he saw the number of the

\* *Gazzetta delle Cliniche*, 1887.

† *Lancet*, cit.



pulsations diminish and their amplitude increase; in a short time the almost imperceptible undulations of the artery gave place to more decided elevations. Whenever he removed the refrigerant, the alarming symptoms returned immediately, so that after many trials he concluded to leave the ice bag in place for several days. After that the temperature yielded, the cerebral phenomena disappeared, and the patient was out of danger. He is convinced that she owed her safety to the decisive measure which he had adopted. In another case also he accomplished by this means a result equally remarkable. In conclusion, he remarks that the beneficial effects show themselves in from fifteen to twenty minutes from the beginning of the application, and reach their maximum at the end of an hour. It is true, he says, that they are very evanescent, disappearing rapidly when the application is suspended, but there is no danger in prolonging it as long as the general condition remains precarious. In some cases, under its action, the height of the pulsations has been observed to be tripled, which means a pulse more ample, fuller, and more tense, with the subsidence of diastasis, intermittence, and irregularity, and with a longer duration of the diastole. An interesting fact noted is that the effects of alcohol and atropine on the circulation are in a measure neutralized by the ice bag. This, says the author, is not astonishing, since alcohol has the property of lowering the blood pressure by paralyzing the vasomotor nerves, and atropine increases the frequency of the pulse by paralyzing the pneumogastric nerve. This antagonism, he suggests, may possibly be serviceable in some cases of poisoning.

In my hospital practice this observation has been confirmed; not infrequently patients have been riled over serious adynamic conditions by the precordial cooling compress.

In acute endo- and pericarditis the precordial compress is often of great value. Its effect upon cardiac action being a prolongation of the diastole, the inflamed structures are afforded more rest and reparative action is furthered by improved circulation. In these cases the common error is committed to prolong the application, under the false idea that a direct cooling effect is exerted upon the inflamed tissues. The slightest reflection would demonstrate that the thickness of the skin, areolar tissue, and fat, the ribs and intercostal muscles overlying the heart, and the active circulation of warm blood through them, would destroy the cooling effect of such a compress or at least render it so slight as to be of no actual value, unless the vitality of the overlying structures were destroyed and their conductivity thus enhanced, a result no physician would aim for. Clinical observation confirms the view that the effect of the precordial compress is reflex, and that this effect is encouraged by occasional removal and reapplication, the latter



being always guided by the condition, rapidity, and tension of the pulse. In *myocarditic* conditions or when compensation is dangerously imperfect, the precordial compress must be used with caution. When the cardiac area is not diminished or the pulse improved, and there is evidence of incomplete emptying of the ventricle, and especially if dyspnea or cyanosis come shortly after its application, it may be presumed that the heart muscle is degenerated. Hot applications act more favorably under these circumstances.

The *apical compress* consists of several layers of linen well wrung out of water at 40°, secured to the axilla by a thin elastic. A small rubber coil or ice bag upon which the neck is laid furnishes the cooling effect to the compress. The discomfort of such a procedure forbids its prolonged use, and in unconscious patients this is to be specially remembered. The reflex effect of such a compress upon rapid, feeble, or arrhythmic pulse is sometimes astonishing. For a few moments the pulse becomes more rapid, then it gradually subsides into a calm condition.

In *chronic endocarditis*, especially in aortic insufficiency, this compress has assisted me materially in the effort to restore lost compensation, when digitalis acted badly.

Judgment is required in the recognition of what the heart is capable of accomplishing, and in the selection of cases accordingly. Whenever the pulse improves and the arteries fill, and diuresis increases, after the cold coil, the latter is sure to be useful.

The constant coldness of hands and feet is sometimes removed. The most favorable cardiac cases for the cold coil are those in which the second sounds are weaker at the base than the first tone. This condition is often characteristic of Basedow's disease. Especially if the cautious, intermittent use of the ice coil is accompanied by a milk or vegetable diet, and absolute abstention from meat, spices, and other irritating foods, improvement is obtained quickly.

## CHAPTER VII.

### THE FULL BATH.

This variety of bath consists of the complete submersion of the body in water, so that the upper surface of the latter reaches the lower part of the chin, the head being the only part uncovered by the water. It is familiarly known as the tub bath in this country and as "Vollbad" in Germany. The fact that this is the chief variety of bath, and that the technique, effects, and therapeutic application differ according to the temperature of the water used, renders it necessary for the more perfect understanding of this subject to divide its consideration into:

1. The cold full (friction) bath.
2. The warm full bath.
3. The linseed bath.

#### 1. THE COLD FRICTION BATH.

The author has termed the cold full bath "friction bath," to distinguish it by its chief elements, low temperature and friction, and because the former should never be administered without the latter, as will be more fully shown.

This procedure has been applied with notable success in the treatment of typhoid fever and other infectious diseases. A detailed de-



FIG. 35.—Steel-Clad Portable Tub.

scription of the method and *rationale* demands attention, because of the frequent and almost universal resort to this form of bath in modern practice.

The technique of this bath varies with the therapeutic object we have in view, as will be shown. The cold full bath is applied as follows: In acute cases, a tub of sufficient length and breadth to comfortably accommodate the patient, and filled to three-fourths of its

depth with water ranging from 90° to 65° F., as required, is placed near the patient's bed and protected by a screen, which prevents his being excited by the preparations.

Unless it is absolutely unavoidable, the stationary bathtub in the ordinary city bathroom which contains a water-closet should never be used. While it offers certain conveniences for obtaining the proper temperature of the water, it is inconvenient to the nurse and oppressive to the patient to be brought into the contaminated atmosphere of so small a room. The agitation involved in transporting the patient even from an adjoining bedroom may also be injurious. For private



FIG. 45.—Bathor's Portable Hospital Tub.

practice the ordinary tin bathtub, between five and six feet long, which is made by the Central Stamping Company, and may be obtained at the tin stores and at the large city department stores, is perhaps the best adapted. A piece of carpet being spread alongside the bed the tub is placed upon it, raised upon bricks or blocks of wood, or upon several low chairs or benches to nearly a level with the edge of the bed. The head of the tub should be on a line with the foot of the bed, so that the patient may be turned in lifting. This position will be found most convenient to the nurse, who have to remove the patient from and to the bed and rub him during the bath. A smaller quantity of water will be required if the head of the tub be six to twelve inches lower than the foot. When water must be conveyed in buckets to the tub, this position will facilitate the filling of the latter. The tub may be partly filled before being placed in position, then water may be conveyed to it in buckets, which should be filled and emptied with the least possible noise. A convenient mode of filling the tub is by attaching a piece of rubber tube to a washstand faucet, and thus leading the



water into it. In framed country houses emptying of the tub may be facilitated by attaching a rubber tube to the outlet faucet and passing it through an opening in the wall. The author's personal observation warrants this statement. In hospital practice one of the tubs illustrated in Figs. 39 to 41 will be found more useful, because of their superior durability and the ease of cleansing them.

Fig. 39 represents a steel-clad portable tub, made by the manufacturers of aseptic surgical furniture, Richard Kay & Co.

Figs. 40 and 41 represent a portable tub designed by the author for use in the small wards of the Manhattan Hospital. It possesses certain advantages over the ordinary six-foot tub. The shape of the tub is well shown in the diagrams. It is fifty inches long and twenty-seven inches wide, and consists of two parts, so arranged that the



FIG. 41.—Author's Portable Hospital Tub. Sectional view, showing tube leading to hot water compartment, B.

patient's lower extremities are bent at right angles to his recumbent body, the feet resting upon a double bottom, which is filled with hot water. The latter is poured into the double bottom through a tube with a funnel-shaped opening which is secured in one corner of the tub; a faucet upon the posterior aspect of this hot-water receptacle gives exit to the hot water. The object of this tub is to afford the patient an easy recumbent position, and prevent the cold water from chilling the feet and producing painful cramps during the bath (Fig. 41). Its short and compact form renders it more portable than the ordinary tub. The Kay-Sheerer Company has constructed the bathtub of highly enamelled wood and lined it with tinnet copper, thus rendering it easily cleaned. The height of the tub saves much back strain to the nurses, whose constant attention is required for friction during

continuance of the bath. A similar tub has been in constant use in the hospital for fifteen years, and has proved satisfactory and serviceable.

#### THE BARR PORTABLE BATH.

When the patient or his friends shrink from the seemingly heroic tub bath, or when the latter is impracticable on account of lack of room or for other reason, the tub of Dr. A. H. Barr, of Chicago, serves a very useful purpose. It consists, first, of a large rubber sheet, with rings attached near its margins by elastic tapes; second, of a light wooden crib, with fastenings along the lower rail to hold the sheet.

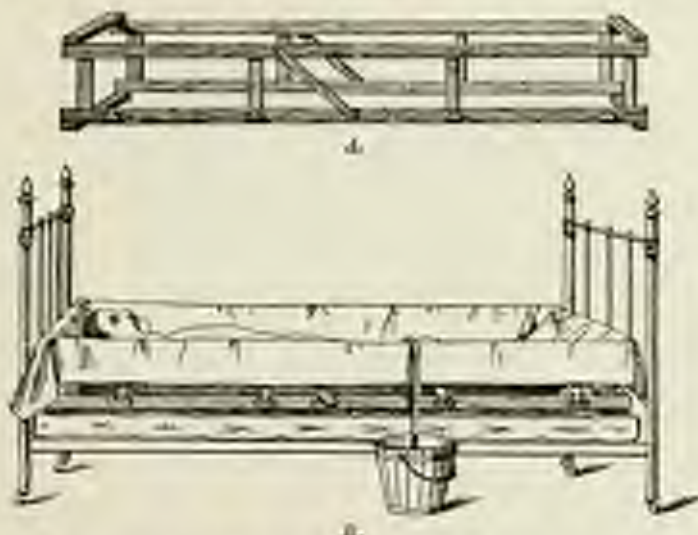


FIG. 42.—Barr Portable Bath. (A) Frame; (B) complete.

This frame folds by two movements into a compact bundle. The accessories are a hose with metal yoke for a siphon, a sponge, and a bath thermometer. In use, the rubber sheet is first slipped under the patient, brought up over the pillow, and tucked up alongside the body. The frame is then fastened, placed down over the patient, resting on the mattress, surrounding patient, pillow, and rubber sheet. The edges of the sheet are then drawn up over the top rail of the crib down to the lower rail, and fastened by its rings. This completes a light and perfect tub, capable of holding twenty gallons of water. It can be emptied by siphon in four minutes (Fig. 42).

*A Simple Bed Bath.*—Dr. A. C. Haven has devised a serviceable modification of the Barr bath, which reduces its cost and is more

simple.\* Such a bath may be improvised out of a clothes line, a dozen ordinary wooden clothespins, and three yards of table oilcloth. "Tie a loop of rope firmly around the headboard, another around the footboard, and connect by two parallel ropes; attach the oilcloth with clothespins, and you have as comfortable a bath as the most expensive, at a cost not exceeding seventy-five cents. The loops around the headboard and footboard may be dispensed with in metal bolts. Four feet of garden hose with a wooden plug in one end makes an excellent siphon. Such a bath I have now in use," Dr. Haven says:

"My only desire is to extend the benefits of the bath to the masses.



FIG. 41.—Placing Patient into Cold Bath.

The patient in the crowded tenement and in the country farmhouse can be shown by his physician in a moment how to obtain the benefits of that health-giving fluid—cold water.

*Technique.*—The cold friction bath, known in its most perfect form as the Brand bath, is administered as follows: The patient receives a stimulant (alcoholic, according to Brand; four ounces hot strong coffee is now preferred by the author). He is undressed, and a light napkin is applied to cover the sexual organs. His face is now bathed with ice water, and, if too feeble to step into the bath, he is lifted into it by two assistants (Fig. 43). The tub should be filled with water at a tempera-

\* Medical Record, January 8th, 1893.



ture not above 70° F., and not below 65° F. (I have obtained these temperatures from Brand personally); the patient's entire trunk and extremities must be submerged. A useful method of lifting is obtained by placing the patient on a cheap strong hammock, from which the sticks have been removed. The ends are firmly twisted and firmly held by two attendants, who are thus enabled to lift the heaviest patient into the tub. The hammock is allowed to remain in the latter until the bath is finished.



FIG. 44.—PUSHING IN CHAIR FOR BATH.

With the greatest gentleness and least fuss, he is lowered into the water. He gasps and shudders a moment, or perhaps cries out. But gentle reassurance by word and deed, a calm demeanor, devoid of haste, and the absence of all actual force or argument to resist his natural desire to escape from the seemingly heroic treatment, rarely fail to quiet his apprehensions. Friends or relatives must be advised to leave the room, as their presence would increase the anxiety of the patient, and render him more resisting to injudicious and unavailing explanations. If a water-cushion has been suspended at the head of the tub, it will afford a good resting-place for the patient's head; a large water-cushion ring makes a comfortable support for his knees. In the absence of a support for the head the nurse will hold it up with the left hand, while with the right gentle friction or clapping will be practised over successive parts of the body (Fig. 44). This may be done

perfectly by an assistant, who in private practice may be a member of the family or a friend. Care should be taken that every part of the body (except the lower part of the abdomen) receives the benefit of these frictions, which are regarded as of *supreme importance* by the originator of this method, in preventing chilling, collapse, cyanosis, and heart failure. The effect of this continuous gentle chafing is a suffused redness, which is in marked contrast to the previous pallor of the surface, and demonstrates that the capiles of the superficial vessels are being considerably enlarged. As friction is exerted upon successive parts of the body, we really manage to maintain a constant contraction and dilatation of the peripheral vessels, the former being accomplished by the contact with the cold water in motion, the latter by the friction and its attendant reaction. *Complaints of shivering must not be regarded as an indication for removal of the patient from the bath, unless it be accompanied by decided clattering of the teeth, the former is voluntary and may be emotional, the latter is usually involuntary.* A small pulse, a cyanotic or shivered condition of the *hands, legs*, are regarded by the inexperienced as a warning signal to remove the patient from the bath, before he has received its full effect. These symptoms may be due, it should be remembered, to the local action of the cold upon the superficial vessels, and need not be regarded as threatening unless the *face* becomes cyanotic. Often the finger nails become cyanotic when the patient grasps the edge of the tub in his effort to hold himself while shivering. Pressure against the edge of the tub prevents return of venous blood. All these signs may therefore be fallacious. Cyanosis of the face, however, is a manifestation which demands cessation of the bath. Not being submerged, the face can be rendered cyanotic only by actual embolism of the heart action, a condition which is exceedingly rare when the bath is administered with *friction*. That a small pulse is not an indication of heart failure will be evident to the reflecting observer from the fact that it becomes less rapid and compressible, having lost its diastolic character. Bystanders who are not familiar with these seeming manifestations of shock, and especially members of the family, should be excluded from the room during and immediately after the bath, because their alarm may interfere with the proper execution and duration of the bath and thus seriously cripple the efforts of physician and nurses. If their presence and assistance be needed, a simple explanation of these symptoms should be given there are they occur, so that they may be forewarned to aid the attendants in resisting the usual entreaties of the patient to be removed from the bath. The duration of the cold full bath depends upon the object in view, which will be treated under the proper heads. Several times during the bath, which usually lasts fifteen minutes, a basin of wa-

ter at 50° F. is gently poured over the patient's head, around which a handkerchief folded like a bandage, two inches wide, has been tied in a knot over the nucha. This forms a gutter, and prevents the surprise produced by cold water flowing over the face. If the patient is somnolent or delirious, cold water is poured over head and shoulders also.

Before the termination of the tub bath, the patient's bed should be made ready in the following manner: A double blanket is spread upon the side of the bed to be occupied by the patient after the termination of the bath; a pillow covered by a towel being placed under its upper portion. Upon the blanket is spread an old linen sheet (cotton is inferior because it does not absorb water readily, and it is sometimes necessary, as will be shown, to let the patient remain in it before drying). Several hot-water bags or bottles are prepared for the feet, which are usually cold after the bath. The bath being finished, the attendant at each end of the tub lifts him upon the bed or, if a hammock is used, twists it into a convenient form for holding. The hammock containing the patient is now lifted out of the water, held a moment aloft to allow the water to escape from it, and then laid upon a cot or one side of the bed. The hammock is removed, the napkin covering the sexual organs is rapidly dropped, and he is placed upon the previously prepared blanket and linen sheet, so that the upper edge extends above his shoulders to the nucha. He is now carefully wrapped as follows:

Being laid upon the sheet so that his nucha touches the upper edge, the sheet is brought around the body, a fold being pressed in between the arms and the body and between the lower extremities, with the object of preventing the approximation of wet bony surfaces. The blanket is now wrapped around the patient (Fig. 45). If the temperature has been high, above 100° in the rectum, the patient is allowed to lie in the sheet for five or ten minutes; if the temperature is lower, he should be at once dried with the sheet and afterward with soft towels. In either case hot bottles may be placed to the feet. Usually the patient who has been restless previous to the bath will fall asleep. In some cases shivering may continue until reaction ensues. Prolonged shivering after a cold bath points to some defect, either in duration or temperature. The former must be diminished or the latter increased, or both. During and after the next bath, more attention should also be paid to friction and to the administration of stimulants in order to further reaction by *crisis tergo*. The application of heat to the extremities is objectionable, because it produces an artificial heat externally, and its necessity indicates some serious defect in the mode of application of the bath if it recurs after several baths.

This is the ideal bath designed by Ernest Brand, of Stuttgart, for



the treatment of typhoid fever, to which we shall have occasion to devote much attention. The technique has been rather minutely described, because the author has seen the bath so frequently applied *without friction* and otherwise improperly, and its success as a therapeutic measure depends upon its exact execution. In a discussion of "tubbing" in typhoid fever by the New York Academy of Medicine,\* Dr. A. B. Hall said that "the reason why the doctors at Bethersa, including himself, had given up the bath treatment some years ago was that they did not employ rubbing; everybody who had tried the race resort



FIG. 11.—Wrapping Patient after Bath.

method, adding friction, had been convinced that there was no other method at command which was so valuable."

Another full bath which has received much well-deserved praise from clinical observers is the graduated bath, devised by Von Ziemssen, of Munich. This procedure is executed as follows: The preparation for bathing and drying the patient is the same as in the Brand bath. Water at 90° to 80° F. is poured into the tub until it is about one-third full. The patient being placed in it, the attendant bathes the body with the hand and sponge, while another attendant adds water at about 40°, at points where it does not come in immediate contact with

\* New York Medical Record, November 7th, 1896, p. 692.

the body, until the temperature of the water reaches 77° to 72° F. It will be necessary usually to remove some of the water from the tub by a bucket or pail, while colder water is added. *Chopping is here also an all-important element of the bath.* The only difference between this and the Brand bath is the gradual accustoming to the cold water in the former, which seems less heroic to the patient and his friends. The bath may be prolonged to half an hour; indeed, this is the time required for it by Ziemssen. When it is finished the patient is wrapped in a previously warmed woollen blanket without being dried, for a quarter of an hour, and then he is dried and his clothing is replaced.

The Ziemssen graduated bath is less objected to by the lay people and by inexperienced practitioners, because it begins with tepid water and its gradual reduction is less intimidating. There are several objections to it, however, which overbalance this sentimental advantage. Its long duration is excessively fatiguing to patients and attendants; it requires more labor to supply the requisite quantity of hot and cold water and ice. The addition of the latter is especially irritating and should be avoided in the presence of the patient. Moreover, it is an exceedingly difficult matter to reduce water from 90° to 70° F. while the patient lies in it. The gradual reduction of the bath temperature, it may also be stated here, diminishes the stimulating effect of the cold, a point which is more fully enlarged upon in the physiological portions of this work and which must again be emphasized, because of the singularly persistent fallacious idea that such a bath is less heroic. The patient, being exposed to a more prolonged bath and being less stimulated, will necessarily react with less promptness. Hence the Ziemssen bath is superior to the Brand bath only as an antithermic procedure, when the latter is the chief indication, which is rarely the case. Another and very serious objection is that the temperature of the water for each subsequent bath must be raised twenty-five degrees by adding hot and removing cold water, and this must again be reduced during the bath. This is an increase of labor and trouble without adequate result. The Brand bath requires little if any changing of temperature; the same water may be used for twenty-four hours or longer, if it has not been soiled by the patient. The temperature of the water, which may rise in a warm room during the interval between the baths, may be restored by removing a few bucketsful and replacing them with cold water, or more simply by wrapping a large piece of ice in a piece of muslin and moving it to and fro in the tub. The latter should be done without observation by the patient, who may be terrified by seeing ice added.

Physicians and others who have been subjected to both varieties of baths claim that the sudden immersion into the coldest temperature

required is far less unpleasant and chilling than the gradually reduced bath. The latter is certainly far more busy and troublesome.

*Rationale.*—The *rationale* of the cold full bath, which has been chiefly applied in typhoid and other infectious fevers, is so exactly in accordance with modern physiology that it must inspire confidence, born of conviction to the attendant who applies it with a clear understanding of its aims and capabilities.

*General Effect.*—The cold bath produces in a greatly enhanced degree all those effects which have been described as following other cold procedures. There are a simultaneous contraction of all the cutaneous vessels, a simultaneous shock to all the cutaneous nerves, a shock—the results of which would be dangerous were it not counteracted by active friction of the body, which is the *sine qua non* of a full bath. Be it understood here that I regard only those procedures as *cold baths* in which the body is submerged completely for more than a momentary period in a tub of cold water. I do not use the cold bath in any non-febrile disease, in which I depend upon procedures which are applied to the body briefly or partially. The cold bath differs in its *rationale* from the latter procedures, described at length elsewhere, in that it produces its effect upon the entire body at once. The reactive capacity of the patient is strained to its utmost in the cold bath, while in ablutions or douches, the application being local, reaction is called out only at the points of impact of the cold water and is aided by the freedom of the remaining portions of the body from the shock. In fevers the high temperature present aids in reaction and thus neutralizes the effect of the shock, especially in the earlier stages. Inasmuch, however, as prolongation of the shock would demand more reactive capacity than a fever patient possesses, friction of the entire body is resorted to in order to stimulate the cutaneous nerves and vessels artificially. Right well is this accomplished, both in reduction of temperature and stimulation of the nervous system.

*Rationale of the Action of Friction.*—Winternitz has enunciated the law that the amount of temperature reduction from a hydropathic procedure depends more upon the intensity of the therapeutic and mechanical irritation of the cutaneous sensory nerves than upon any other element. To the indefatigable labors of Winternitz, aided by his assistants, we owe the first demonstration that active mechanical action on the skin, combined with the application of cold water, enhances the temperature-reducing effect of the latter, as Pospischl has shown. By friction or other active stimulation of the surface, circulation during the bath, as by the wet sheet and half-bath, etc., the cutaneous vessels may be made to fill quickly with arterial blood, so that a larger area for cooling the blood which circulates in near proximity to the



cooling medium—the water—is created. The cooler blood, passing inward, is exchanged for hot blood coming from within. This simple yet effective method of reducing the temperature explains many inconsistencies in the effect of cold baths vs fevers. It is now clear that the compensatory heat increase which follows all external cold applications does not depend upon the absolute amount of heat abstraction produced by contact with cold water, but upon the intensity of the thermic-nerve irritation, and upon the degree of actual cooling of the peripheral terminal nerve fibres which governs by reflex action the temperature regulation. This will explain why two cold baths of the same temperature and duration may produce quite different effects in the same individual, if in the one case he be quiet and undisturbed, and in the other he be subjected to active friction of the cutaneous surface. In the first instance the peripheral circulation is impeded, the surface is cooled down almost to the temperature of the surrounding water, the heat production in the muscular layers is greatly enhanced, and the rectal temperature not much if at all diminished; in the other, the peripheral circulation continues stimulated, the area of the vessels is widened, the cutaneous surface is cooled down less, but the blood coming to its superficial vessels is cooled more.

Moreover, the elimination of moisture from the skin is enhanced by friction. Weyrich's and the more recent experiments of Ignatowski\* show clearly that the vaporization of moisture arising from a good reaction after a cold bath is enormously increased for a considerable period, while it is reduced by the cold bath without reaction; since the latter is the chief aim of the cold bath, friction becomes its most important element.

Tremor is also prevented by friction. Changes in heat production are enhanced by the tonic or clonic muscular contractions, either voluntary or involuntary, which usually occur when the body comes in contact with water much below its own temperature. By neutralizing this effect—by the abolition of tremor—friction, during a cold bath adds, therefore, materially to its antithermic effect. Although tremor may not prevent the lowering of temperature very much, it is one of the compensatory elements in producing heat while the latter is being lost elsewhere, and thus aids the skin in its compensatory function for heat regulation.

The regulation of the body temperature depends mainly upon the changes in heat dissipation, therefore chiefly upon the condition of the peripheral nerves and vessels; inasmuch as we may influence these energetically by the cold bath, we possess in it a powerful agent for affecting the temperature of the body in disease.

\* \* *Loc. cit.*

Winternitz points with justifiable pride to the confirmation, by the most recent investigations, of the views he has long promulgated, and he concludes his magnificent chapter\* on this subject as follows: "If you connect the above with what happens in thermal and mechanical procedures with regard to the blood and heat distribution, the control of heat dissipation—or rather, as I may say now, the control of the degree of heat production—you will find it quite natural that hydrotherapy is the most sovereign remedy, not only in the first stages of febrile diseases, not only in fevers, depending upon heat retention, but in all fever processes especially, because no other remedy is so capable of meeting the chief therapeutic indications of the latter."

That I am fully in accord with Winternitz on this point, I shall endeavor to demonstrate in the chapter on hydropathic management of fevers.

The shock to the nervous system by the impact of cold water upon the entire body in the cold full bath and the stimulus invariably following such shock are intense and would overwhelm the fever patient, if they were not judiciously applied and carefully apportioned to the actual condition of his nerve centres. Usually an alcoholic stimulant or a cup of strong hot coffee is administered just before the patient enters the bath, and the constant friction, causing a wavy impact over some parts of the body and a stimulus to the nerve terminals at other parts, counteracts the shock and holds it not only within safe but also within effective limits, when the cold bath is applied in fevers.

Taking typhoid fever as the most representative type of infectious fevers, the *rationale* of the action of the cold bath may be readily worked out.

There is an infectious process established in the organism by a cause which is beyond control or removal. The manifestations of the presence of the toxic agent are as follows:

I. The nervous system receives the chief brunt of the attack from the specific infective agent. Beginning with undoubted malaise, anæmia, general lassitude, somnolence, other adynamic manifestations develop which culminate in stupor, delirium and coma, subsultus, tremor, and death.

II. The temperature is invariably elevated, rendering the patient uncomfortable, depriving him of sleep, impairing his organic functions, and if the elevation is prolonged without remission sooner or later dangerous interference with the heart and brain ensues.

III. The circulation is seriously interfered with. The heart, being called upon to do extra duty, threatens to fail and often does fail.

IV. The skin, kidneys, and lungs are so seriously handicapped that they fail in the performance of their important functions.

\**Op. cit.*



V. The corpuscular elements and the chemical composition of the blood are so unfavorably influenced that the resistance of the organism to the toxic invasion is decidedly impaired.

I. *The influence of the cold bath upon the nervous system* is paramount. Though gradual and insidious in the beginning, the manifestations arising from a depreciation of the nerve centres never escape the experienced observer; indeed, they are the most uniform characteristics of all infectious fevers. Only one observation will be quoted in support of this view. Dr. Edward Deland says, in a paper on typhoid fever, read before the New York Academy of Medicine,\* in referring to the reliability of symptoms in the diagnosis: "A study of all the temperature curves shows that we must not expect too close a resemblance to the schematic curve." In contrast with the unreliability of this and other symptoms, he correctly insists that the appearance of the patient is characteristic. "A dull apathetic expression, the skin of the face dusky colored, the cheeks often bluish, the mind dull and sluggish, all these conditions were well marked; in only one case were they notably absent." These symptoms are the expression of a depreciated condition of the nerve centres, which in typhoid and other infectious fevers are the leading point of attack and must therefore be the leading point of defence. From this nerve depreciation arises a condition of the circulation which by its interference with the various organic functions often leads to lethal results. Since all other functions which depend upon the integrity of the nervous system are inhibited, as will be shown, the importance of a remedial agent which is capable of influencing favorably this fountain-head of all vitality becomes evident. That there is no medicinal agent possessing this power has been made sadly evident by the futility of search for such an agent during the past centuries of the history of medicine. The cold bath alone is capable of demonstrable and rapid action upon the nervous system. Although its immediate effect is not enduring, its judicious application is harmless and may therefore be repeated with sufficient frequency to maintain the beneficial action.

The stimulation of the nerve centres by the cold bath arouses them from their lethargy and thus protects the organs from the paralyzing influence of the toxæmia. Such an effect is evident after each bath; the greater the delirium or stupor, the more evident is it. Repetition of the bath gives a totally different aspect to the case. As the author said in a discussion of the subject by the New York Academy of Medicine:† "The effect of these cold baths upon the patient overwhelmed by typhoid may be likened to the effect of external stimuli applied in opium poisoning. In the latter the patient's vitality is maintained by preserving the nerve centres alert until the poison can be eliminated.

\* Medical Record, November 12th, 1882.

† Medical Record, February, 1886.



This requires but a brief time, and the stimulating treatment may be heroic (flagellation, faradic electricity, walking, etc.), while in typhoid fever several weeks must elapse ere the bacterial life period terminates; hence the cold bath has proven its value, the systematic repetition of stimulation of the cutaneous nerve conveys it to the central nervous system, and maintains its integrity."

Without entering upon a discussion of the dissenting views of reliable laboratory and clinical observers on the specific elements of this disturbance of the heat regulation, *i.e.*, whether heat production or heat retention or both are involved, the clinician feels called upon to meet this most prominent manifestation. Unhappily elevation of temperature had so long been regarded as the most important element of fever that it was difficult to convince the average practitioner that it really is but one of many manifestations, and certainly not nearly so important a one as the disturbance of the heart and blood-vessels and of the eliminative and constructive organs of the body. One of the advances in the therapy of fevers is the abandonment of the lethal idea of high temperature. The latter renders the patient exceedingly uncomfortable, often prevents recuperative sleep, is accompanied by thirst, drying up of the secretions, jaundition, and other manifestations. It becomes therefore a prominent indication to remove it or at least diminish it to a point of tolerance by the system.

From the earliest time the cold bath has repeatedly been applied for this purpose with more or less success. So long as the reduction of high temperature by the cold bath was regarded as a simple cooling of the superheated blood by direct contact of the skin containing it, therapeutic results were unsatisfactory. Currie and more recently Wintersteitz and others have demonstrated that the mechanical excitation of the skin during a cold bath enhances the antithermic action of the latter.

This fact emphasizes the importance of precise attention to the method of bathing. To immerse the patient in a full bath of low temperature without friction, or to wrap him in ice sheets, as has been done in the faulty practice of some hospitals, must result in narrowing the superficial vessels and keeping them closed. If such treatment does not induce collapse, reaction may slowly take place, and the former high temperature again be reached or exceeded. If, however, the patient is carefully placed in a bath of 65° to 70° F., and constant and unremitting gentle friction is practised over the entire body (Brandy), the coats of the superficial vessels are stimulated, reaction from the first shock ensues, the vessels contract and dilate actively, as the ruddy condition of the skin which has been subjected to friction testifies.

The mechanical irritation not only removes the obstacle to heat

dissipation, but, as Weyrich and Pospischi and more recently Ignatowski, whose interesting observations have been referred to, have proved by exact experiments, it increases the elimination of water from the surface from sixty to ninety per cent. Moreover, the cooled blood is sent from the dilated vessels back to the interior of the body, and thus a direct cooling effect is produced besides, as shown above.

The baths, therefore, when combined with friction, fulfil both indications for removing high temperature, while medicinal antipyretics fulfil only the first—heat dissipation.

In the discussion of the best temperature-reducing baths known to hydrotherapy, this subject will, I trust, be so clearly brought out that it will demonstrate the error that *the colder the bath the greater is the reduction of the temperature*. This erroneous idea has been the cause of numerous disputes between the adherents of Lielemann and those of Winternitz. Voit, to whom we owe so much in connection with the study of the physiology of heat regulation, has demonstrated that increased tissue metamorphosis, amounting to as much as forty per cent, does follow the application of cold; but that no rise of temperature can be produced in this way if we do not have a simultaneous disturbance of that greatest heat-regulating organ, the skin. If a patient with a temperature of 104° F. is placed in a bath of 65° F., and allowed to remain there until he shivers, the vessels of the skin become more contracted and heat elimination is really prevented. The tremor will, to a certain extent, add to the increase of inner temperature by producing heat, as shown by the experiments, elsewhere referred to, of Speck and Loewy. How different will be the effect of a regular *Brand bath with friction* must be seen to be appreciated. As previously described, the cutaneous vessels are dilated, and more cooled blood is carried to the interior to be exchanged for hot blood. On the other hand, if a nerve or heart stimulus be the chief object of the bath, a brief application of cold, with mechanical force to the surface, as described under the head of half-baths, produces a reaction which does not, unless prolonged, affect temperature so decidedly (because the blood has not been exposed to the heat-lowering influence sufficiently long), but, by exciting the reflexes, brings the blood to the surface, deepens the respiration, and invigorates heart action, as shown above.

The cold bath cannot vie with the medicinal antipyretics in its temperature-reducing properties. The latter are far more powerful, but, as will be shown, the reduction produced is at the expense of more important life-saving functions. The cold bath, moreover, diminishes temperature slowly but surely, each day or two showing a small gain for the patient. Since the high temperature is usually due to the intensity of the infecting, the counteraction of the latter by



the cold bath is of far greater moment in the final result than the mere two-hourly fall of several degrees following the use of medicinal antipyretics. While the latter may be profitably employed in small doses for the production of comfortable sleep, the cold bath is the most reliable and safe antifebrile agent, since it does not interfere with other functions and fulfils other important indications.

III. *Heart Failure* stands as a dread spectre at the bedside of every patient suffering from an infectious fever. Liebermeister has well said that "it is much more difficult to prevent cardiac than cerebral paralysis." This enfeeblement of the heart arises from the disturbance of the vasomotor and autonomic ganglionic centres, which are in close relation to the central nervous system, by reason of which the heart and peripheral vessels lose their normal tone. As Wintermiz has so ably shown, we have here an imitation of Gold's experiments on frogs, which demonstrate that a loss of tone in the vessels of a large area of the circulation and a diminution of the tension in these vessels enfeeble notably the action of the heart.

Rosberg\* has recently furnished a careful analysis of the real causes of so-called heart failure in fever which effects confirmation of this view. What is the part played by the heart and vasomotors in those manifestations of infectious diseases commonly regarded as heart failure? Rosberg claims that in the course of most acute infectious diseases we observe disturbances of the circulation which clinically manifest themselves as diminished tension and diminished filling of the arteries, and which are commonly referred to heart enfeeblement. Undoubtedly, however, the condition and conduct of the peripheral vessels are, in connection with those of the heart, of decisive import. In order to decide how far the heart and how far the vasomotors are concerned in the production of heart failure, Rosberg has made some experiments. When the descending aorta is compressed above the diaphragm, or when the belly of an animal is subjected to massage, blood pressure rises, because the flux into the abdominal aorta is interfered with, and the heart, being more readily and completely filled, drives a larger quantity of blood into the aorta. But the conditions are quite different when increase of blood pressure is produced by atting irritation of the skin or mucous membranes. In this case it is the consequence of a reflex irritation of the vasomotor centre in the medulla oblongata, as is also the interrupted respiration.

Starting from these facts Rosberg infected a number of rabbits with the bacillus pyocyaneus. This resulted in a temporary rise of blood pressure which was followed by a diminution to an extraordinarily low degree. But even in these conditions pressure on the aorta

\* Berliner klinische Wochenschrift, Nos. 17 and 32, 1895.



and massage of the belly produced a decided rise of blood pressure, while irritation of the sensory nerves and suffocation were entirely without effect. The same results were reached under infection of Fraenkel's pneumococcus. From this experiment Rosenberg concluded that these infectious processes damaged the circulation by a paralysis of the vasomotors without interfering with the working-capacity of the heart.

Paessler\* confirmed the results of Rosenberg's observations. He went further, however, in establishing the fact that the damage by these infections was due chiefly to the vasomotor centre in the olivoganglia, while the peripheral and vascular nerves and muscles, as well as the centres of Goltz in the spinal cord, retained their normal functioning capacity until death. Paessler† made some experiments on a large number of rabbits infected with Loeffler bacilli. As in other infections, the damage was inflicted almost altogether upon the vasomotors, without effect upon the cardiac capacity. *The final lethal effect upon the circulation was here also chargeable to paralysis of the vasomotors and not to any damage to the heart.* That the peripheral vascular nerves and muscles remained intact was proven by injections with barium chloride, which produced a decided rise of pressure. Paessler concludes his observations by affirming the necessity of search for remedies which will more surely and harmlessly stimulate the vasomotors.

Happily, we are already in possession of such a remedy. That the chief effect of the cold bath upon the peripheral circulation in infections ferens is due to the stimulating influence upon the vasomotor centre is very probable, though it cannot be asserted positively; but that the cold bath combined with friction approximately restores by contraction and subsequent filling of the cutaneous vessels with arterial blood the normal tone and resistance to the heart, and thus reinstates lost blood pressure, is beyond dispute. That this effect, combined with the reflex stimulus conveyed to the nerve centres regulating the heart itself by the cooled blood circulating through them, refreshes and invigorates that organ, lessens the number and increases the force of its contractions, and prevents disorientation, has been positively demonstrated by the author and by hundreds of other observers.

A similar refreshing action is doubtless exerted upon the autonomic ganglia governing the heart.

Dr. Hohlant A. Hare demonstrates this by the apt comparison of the heart to a locomotive.‡ "The vasomotor system is made up,"

\* Kongress für Innere Medizin, Wiesbaden, April 7th, 1896.

† Kongress Deutscher Naturforscher und Ärzte, Carlbad, September, 1902.

‡ Therapeutic Gazette, vol. xii., No. 1.

says Hare, "on the one hand of the vaso-motor nervous apparatus, and on the other of the blood-vessels themselves. The resistance offered to the heart by the properly acting vaso-motor nervous system, through its influence on the peripheral vessels, is identical with the friction offered to the driving-wheels of a locomotive. The locomotive is intended to meet and stand any resistance, and if the resistance be removed by slippery rails the wheels fly around ineffectually, making the machinery and destroying its usefulness.

"From the above some important diagnostic and therapeutic facts are learned: (1) that a rapid pulse may be due in no way to a disordered heart, but to vaso-motor relaxation; (2) that the proper way to treat this rapid pulse is to put sand on the track and increase the resistance, and not to make more steam—or give digitalis—which will only cause the engine, or heart, to work away on slippery rails with more wear and tear, and make no progress."

This simile is intended to illustrate the clinical fact that the cold bath increases this "resistance."

In order that the tonic effect upon the heart and vessels be continuous, it is important that the bath be repeated at sufficiently frequent intervals (three hours having been ascertained as the proper average) with careful regard to the effect produced. It would be impossible as well as dangerous to maintain the failing cardiac action by alcoholic or other stimulants during a period of many days. Repeated cold baths, with accompanying frictions, not only aid the heart, but are free from deleterious effects.

In the early stages of typhoid fever, when reactive power has not been much exhausted, chattering of teeth, facial pallor, and a small pulse, during the bath, cease later than in the more advanced stages. But these must not deter us from continuing the bath; they demand increased friction of the surface, and perhaps a little stimulant. If superficial hyperæmia is readily induced by the friction, a small pulse, or even a pinched countenance, does not demand removal from the bath. These may arise from the local effect of the cold. Decided chilliness and prolonged chattering of teeth, however, are indications to remove the patient, because the muscular contractions incident thereto induce, as Speck and Loewy have shown, increased oxidation, which must be avoided in such cases.

The most positive evidence of the improved condition of the pulse after the cold bath is found in the fact that, *while it feels small and almost threadlike, it has gained in force and tension, and continues so.* The effect of the cold bath is not so pronounced in the advanced as in the early stages of infectious fevers. This may be explained by the fact that the response of the nervous system when overwhelmed by

tormenta is more bubble and therefore the reactive power is more in abeyance, unless baths have been used from the beginning. In the third or latter part of the second week of typhoid, either a higher bath temperature (75° to 80° F.) or more brief application of the same (65° to 70°) is indicated, always bearing in mind that the rapid application of low temperature is more refreshing and stimulating, though not more heat reducing, than the prolonged application of a bath of higher temperature. The reverse idea, though erroneous, seems to be so well established in the lay as well as in the professional mind that it is difficult to dislodge it.

Modifications required in other infectious fevers may be devised under a careful consideration of the rationale set forth above. These will be referred to under the proper headings.

IV. *Failure of the Eliminating Organs.—Skin, Kidneys, and Lungs.*

(a) *The skin fails in its function of depuratory excretion, as evidenced by its dryness, pallor, and bloodlessness.* The cold friction bath removes the pallor by bringing more blood to the cutaneous vessels, and rendering it more soft and pliant, and it enhances excretion by removing dead epithelium which obstructs the outlets of the sweat glands. A comparison of the appearance and condition of the skin before and after a properly executed friction bath demonstrates this fact. It has been shown that the elimination of toxins through the skin is promoted by certain hygienic procedures.

More important, however, than this effect is that produced on the kidneys.

(b) *Failure of the Kidneys.*—The interference with the elimination of toxic products from the kidneys is a constant manifestation in infectious fever. That the quantity of urine is notably diminished is readily observed, but that its chemical constitution is changed has been recently demonstrated in an exact manner. Albert Robin\* has found as the mean of a large number of observations that the accumulation of waste products in the system was large in proportion to the gravity of the case, and that the solid constituents of the urine rose from 48 per thousand in the height of the disease to 60 per thousand during convalescence. He also found the extractive matters in the normal blood to be from 4 to 4.5 per cent, while in mild cases of fever they were 6.5 per cent, and in fatal cases reached 12.1 per cent. The blood therefore contained, during the period of infection, double the normal quantity of extractive toxic matter. Robin concludes these interesting observations by stating that in infectious poisoning the organism becomes charged with insoluble and toxic hydration products, the formation of which is accompanied by the evolution of much heat.

\* *Bulletin de Thérapie*, vol. 1, 3, 1895.



It is important for the safety of the organism that these toxic products be eliminated by oxidation and changed into soluble compounds.

The influence of cold baths upon the chemistry of the respiration has been studied by Robin and Buret, who experimented on more than one hundred cases, which furnished one thousand analyses. By comparison of the results of the latter with those obtained from the analyses of normal urine, an important number of facts was established which may serve for clinical and therapeutic application. In the average severe cases of typhoid the relative percentages of absorbed oxygen and of exhaled  $\text{CO}_2$  are decidedly below the normal. In severe cases which result in recovery the relative percentages diminish still more, while absorption of oxygen through the tissues increases; during convalescence the former again rises,  $\text{O}$  and  $\text{CO}_2$  are decidedly increased, the largest proportion of  $\text{O}$  serves for the formation of  $\text{CO}_2$ , and the quantity absorbed by the tissues does not differ from the normal. Even the most severe and fatal cases of typhoid demonstrated an inverse ratio between respiratory changes and the intensity of the disease; the more intense the latter the less perfect was the exchange of gases.

These facts justify the application of remedies which increase oxidation, while those not so influencing the latter should be rejected. Antipyretics undoubtedly belong to the latter category, because their action is similar to that of the disease, and the fever is not injurious to the organism, but rather a reaction against toxins. Cold baths, on the contrary, augment oxidation and reduce temperature by enhancing the physiological resistance to infection. Baths increase combustion and the oxidation of the extractive products of disintegration and hydration. The incapacity of the living cell to fix and retain oxygen should be combated; i.e., the flooding of the tissues with products of decomposition which are the more insoluble, the more poisonous, and the less easily eliminated the less oxygen they receive. Cold baths produce these marvellous effects in typhoid, because they enhance these oxidation processes, brighten arterial tension, enhance cardiac capacity and, by reason thereof, diuresis, whereby a kind of inner purification and ready removal of products of destructive metamorphosis ensue. Hence the success of cold baths agrees with the above-mentioned therapeutic indications to favor by all possible means the absorption of oxygen, not only in typhoid fever, but in all infectious diseases, especially if complicated with typhoid conditions; for the oxidation processes are the protective agency of the organism. Robin has found that a typhoid patient who absorbed for each kilogram of weight 5 c.c. of oxygen a minute, increased the amount of oxygen taken up to 6.49 c.c. immediately after a cold bath. The  $\text{CO}_2$  exhaled increased from 3.77 c.c. to 4.45 c.c., while the urea increased to twenty

per cent. Rulmer's recent experiments\* confirm the findings on O<sub>2</sub> intake and CO<sub>2</sub> outgo after cold baths.

No other demonstration could so clearly prove the surpassing value of cold baths in infectious fevers.

Roque and Weil have shown by reliable experiments† that in the urine of typhoid-fever patients the toxins are double the normal, while under the bath treatment they are increased fivefold until convalescence occurs. This has been fully corroborated by Hewetson in the Johns Hopkins Hospital at Baltimore.

Not alone, however, is the toxicity of the urine enhanced by cold baths, but the quantity secreted is enormously increased. It is not rare to note the passing of from sixty to eighty ounces of urine during twenty-four hours, and on several occasions the quantity has reached under my observation over one hundred and twenty ounces. This increase of the quantity of urine is an almost invariable result of the cold full bath.

V. *Influence of the Cold Bath on Corporcular and Chemical Constituents of the Blood.*—It has been shown by Boeckelman and others that there is a rapid diminution of the blood corpuscles in blood taken from the cutaneous vessels in infectious diseases, and that during convalescence this is equalized and restored. Boeckelman does not claim that there is an actual loss of corpuscles. It is probable that by reason of the enfeeblement of the heart, and perhaps of the jaundic condition and loss of tone in the cutaneous vessels (referred to above), certain vessels or vascular areas are deprived of the normal supply, causing stasis with increase of blood corpuscles—the globular stasis of Huter, which yields as soon as the normal condition of the heart and peripheral vessels is restored during convalescence. That this stasis may be readily removed by the cold friction bath, which finally increases the calibre of the cutaneous vessels, is proved by the observations of Cohnstein and Zundt, who demonstrated that the quantity of formed elements in the large vessels depends upon the calibre of the capillaries and upon the activity of the circulation in the latter.

The effect on blood corpuscles and hæmoglobin following cold baths in typhoid fever has been carefully studied.

Boitenstein‡ offers a table of observations made on twenty-six patients, which demonstrates that in the large majority of cases the cold bath exercises a pronounced influence upon the blood admixture. In twenty-nine cases there was an increase of at least fifty thousand red cells to each cubic millimetre, which was accompanied by a correspond-

\**Loc. cit.*

† *Wiener klinische Wochenschrift*, 1903, No. 4.

‡ *Archiv für experimentelle Pathologie und Pharmacologie*, 35, p. 260.



ing increase of haemoglobin. In most of the observations the increase reached one hundred thousand red cells; in one case it reached a million. That this effect of the cold bath upon the corpuscular elements of the blood is not due to the reduction of temperature is evident from Breitenstein's observations as to the effect of antipyrin, which reduced temperature and pale, without increasing the red cells.

Breitenstein concludes from his carefully conducted experiments that the cold bath exercises upon the circulatory apparatus an influence which changes the composition of the blood by removing stasis in certain organs or internal parts, through the increased energy which it induces in the circulation, and that the deepening of the respiration furthers a rapid circulation, which counteracts venous stasis—effects which cannot be obtained from medicinal antipyretics.

Thayer and Billings of Johns Hopkins Hospital have also shown that there is an enormous increase of the corpuscular elements of the blood taken from the lobe of the ear after cold baths in typhoid fever. In some instances the leucocytes were enormously increased (threefold). This observation has been confirmed by many investigators, including my son, Dr. H. B. Baruch, at the Mount Sinai Hospital, and myself in private patients.

Laboratory investigations tend to show that the chief defence of the organism lies in the blood, probably in the leucocytes,\* and that any method capable of bringing leucocytes into the general circulation from the remotest portions of the vascular field, where they have been sluggishly dormant, must aid the organism in repelling the bacterial enemy.

Moreover, Bouchard has shown that an excess of acid in the blood is one of the manifestations of auto-intoxication, and he attempted to neutralize this by alkalis without avail. Breger and others also proved that the alkaliescence of the blood is diminished in infectious diseases. Alois Strasser has pointed out that alkaliescence of the blood is decidedly increased by cold hydropathic procedures.

It follows, therefore, that the chemical and corpuscular constituents of the blood which are unfavorably influenced by the infection are restored to a more normal condition and relation by cold baths.

\*Erich Fleisch (Prager med. Woch., vol. xxi., 5, 1897) shows that by rime of the leucocytes the body possesses a powerful protective agent against the invasion of pathogenic organisms. He injected the Frankel diplococcus into the nasal vein of rabbits; a decided increase of the white corpuscles was noted in the animals which survived, while in those which died of the infection no pronounced leucocytosis was observed. The subsidence of the leucocytosis was synchronous with the disappearance of the micro-organisms from the blood.



The quantity of hemoglobin, according to Kozovitzky,\* fluctuates greatly in infectious diseases, especially in typhoid fever (18.48 to 7.24 per cent) and in pneumonia (16.74 to 8.64 per cent). This change begins in the first stages of the fever; it is not due to an absolute reduction, but to the partial inanition incident to these diseases, which decreases not only the mass of blood, but also its corpuscular and hemoglobin constituents.

That cold hygienic procedures favor the re-establishment of normal conditions in all the blood constituents has been amply demonstrated.

*Conclusion.*—The detailed *resümé* furnished above shows clearly that the cold friction bath, properly administered, fulfils every therapeutic indication in infectious diseases in the strictest scientific manner.

#### Therapeutic Indications of the Cold Friction Bath.

Taking the view that a cold friction bath implies the immersion of the entire body in cold water from 10° to 30° below the normal body temperature for from five to twenty minutes, with continuous friction, the author regards it as indicated chiefly in prolonged fevers, as shown by the elaborate discussion of its *resümé*. The field for its application is therefore enormous despite this limitation.

While I deem the cold plunge, i.e., dipping the body in water of the above-mentioned temperatures, as useful in some few cases of neurasthenia, hysteria, and anemia, after the patient has been trained by milder measures to bear such a dip with a good reaction, these diseases do not come under the therapeutic indications for a *full bath*, because the patient's stay in the water is of very brief duration and friction is not used in these cases.

Only by following the exact technique described on pages 153-154, may a cold friction bath be obtained. Such a bath is useful chiefly in the infectious fevers, each one of which demands some change in the duration of the bath and the temperature of the water, as will be shown in the detailed description of the methods adapted to typhoid fever, pneumonia, the exanthemata, etc.

#### FEVERS.

The general practitioner encounters in his daily routine work many cases in which an elevation of temperature is a prominent if not the principal manifestation. To combat this symptom appears to have been the chief aim of the therapy of the past. Upon it have been expended more thought and more labor than upon all other manifestations

\*Congress of Russian Physicians in Kiev, 1906.

of disease. The impress of this long-existing idea is still recognized in the minds of the lay people, and unfortunately it has not been eradicated entirely from the minds of the medical profession. There are still many who regard elevation of temperature as the most perilous factor of acute disease, and high temperature is still a dread enemy which must be met by the physician with powerful weapons. But this fallacy is happily losing its hold upon medical men. These pages are intended to aid in relegating this horrid bogey into the obscurity which it deserves, and to emphasize the fact that depreciation of the nervous system and its resulting inhibition of the organic functions and later degeneration of organs are the chief influences which menace life in fever, and to neutralize which every therapeutic energy should be summoned.

Fevers offer the most prolific field for hydrotherapeutic success. If we dwell upon their hygienic management more fully, perhaps, than upon any other subject, the importance arising from the frequency, universality, and fatality of the infectious fevers furnishes ample warrant.

*Typhoid Fever.*—Taking typhoid fever as the best example of infectious fevers, the following pages will be devoted to its treatment by the cold friction bath.

The frequent discussion of typhoid fever by our medical societies bears evidence, not only of its incalculable importance, but also of the instability of our present therapeutic methods in this disease. Brilliantly and learnedly though we may discuss typhoid fever, favorable though our individual statistics may be, still the figures of our boards of health reports tell us "useful our ways" in language more eloquent than human tongue or pen can formulate. Twenty-five or forty per cent is the death rate from typhoid fever in our American cities; twenty-six per cent is the mortality of the New York hospitals in recent years, according to Dr. Delafield's investigations. The import of these figures cannot be overestimated. May they be changed? This may be accomplished by the cold bath, a method of treatment which has the sanction of long usage, the authority of judicious clinical observers, and the evidence of unimpeachable statistics.

It is proposed to offer here, not empty polemics, but arguments which are the result of mature deliberation and sifting of evidence afforded by clinical and experimental data, obtained from various sources and compared with my own, in the various methods of treatment advocated during the past thirty years of my professional career. After twenty years' practice in a large field I had settled upon the Ziemssen graduated cold-bath treatment as the most promising method of treating typhoid fever, and I obtained more satisfactory results

from it than from any other. But finding many objections to it, which are referred to elsewhere, and using it altogether as an antithermic agent, when other antipyretic methods came into vogue with so much promise of success, based upon the idea that the reduction of high temperature was the chief desideratum, it was natural for me to be carried away upon the tide which so completely swept over the entire profession. As the treatment by cold baths involved so much trouble, and proved so distressing to many patients and their friends, I was glad to abandon it in favor of the first reliable medicinal antipyretic which came into use at about this time. The physician who was in active practice during the eighties and early nineties is familiar with the potent sway exercised at that time by the antipyretic idea in the therapy of fevers. The milder forms of bathing by wet pack and sponging, with quinine, antipyrin, the ice coil, and, later, antifebrin and phenacetin, gradually displaced the expectant plan, just as the latter had displaced the previously prevalent spoliative methods and the irrational (antithermic) cold bathing.

A review of experience derived from personal observation in private and hospital practice and in that of many colleagues, as well as from society discussions, develops the fact that *the mortality of typhoid fever was not reduced by the antipyretic method of treatment.* A fair, conscientious, and exhaustive review of the results of the various methods in vogue during the past thirty-five years has demonstrated that the adoption of strict cold bathing has inaugurated an epoch in the treatment of typhoid fever, because it has greatly diminished the mortality.

How fatal typhoid fever is at the present time may be gathered from the statistics given above. This mortality is even larger than that furnished by the recently gathered, careful statistics in Germany, which show that under the expectant treatment of 11,124 cases the mortality amounted to 21.7 per cent. Dr. Murchison has compiled 27,031 cases, in which the mortality per cent was 17.45.

Jaccoud has collected 80,149 cases on the continent, with a mortality of 19.23 per cent. The English army statistics averaged, for the six years ending with 1877, 32 per cent mortality; in the navy it was 25.5 per cent.

The most favorable statistics on record are those of the Boston City Hospital, furnished by Dr. A. L. Mason.\* "With the exception of eighty-nine cases treated by Dr. Edes, the Brand system has not been adopted at this hospital, but pyrexial symptoms have been met by *cold sponging and affusions*, with the liberal administration of antipyretics, antiseptics, and tonics. During 1890 and 1891, six hun-

\* Boston Medical and Surgical Journal, April 26, 1892.



dred and seventy-six cases of typhoid fever were thus treated, of which seventy were fatal = 10.4 per cent. This remarkable result is doubtless due to the fact that over one-third of the cases entered during the first week of the disease, and that hydrotherapy was used very largely in all cases."

These statistics, to which others may readily be added were they not sufficiently large, present to us the appalling fatality of typhoid fever under the expectant and antipyretic plans, which claim, by nourishing the patient, placing him in good hygienic surroundings, combating complications as they arise, and reducing the temperature to conduct him to a safe issue. Much stress has been placed during the past quarter of a century upon high temperature as the predominating element of danger in typhoid fever. It has been claimed that parenchymatous degeneration of the heart, kidneys, and other organs was the direct result of prolonged high temperature, and the chief energy of therapeutics was expended upon this hydrheaded monster. This idea was indeed sustained by, if it did not originate in, the marvellous success of the cold-water treatment, which Brand, of Sættin, in 1861, brought before the profession in Germany, and which was modified by Liebermeister, the high-priest at the altar of antipyresis, as well as by Jürgensen, Ziemssen, and others, and converted into an antithermic bath.

The history of this special subject is instructive, inasmuch as it illustrates how surely bedside experience will, sooner or later, demolish the most stately structures erected by theoretical reasoning. Brand never claimed that this bath treatment was chiefly directed against the high temperature. On the contrary, this was a secondary object with him. Liebermeister's criticism\* is at once the best exposition and the highest eulogium of Brand's method. On page 15 he says: "The work of Brand, which was published in 1861, ranks high above the level of the publications of the professional hydropathists of to-day. Still, the author occupies pretty much the ground of Primonitz. The pre-eminent importance of abstraction of heat is not sufficiently recognized; the main action of water is more than that of stimulation,"† etc. Liebermeister himself has changed his views, as is evident from his more recent writings. That the standpoint of Brand is correct, and that it is sustained by the most incontrovertible evidence of experimental study, seconded by clinical experience gathered from carefully recorded data, are to-day evident. Thinking men now realize that the

\*"Handbook of General Therapeutics," Wm. Wood & Co., 1885.

† This testimony of Liebermeister relieves Brand of the charge made by Carcinarius (Nottingham's Cyclopaedia) that the harmful influence of conducting high temperatures in typhoid fever arose from Brand.

introduction of the powerful antipyretics has not reduced the mortality of typhoid fever, and that the only advantage from them seems to be that the patient is enabled to die with a nearly normal temperature. The fact that the statistics of private and hospital practice show a mortality reaching beyond twenty-four per cent, since the introduction and abundant use of antipyrin and its substitutes, proves their inadequacy. And the fact becomes more glaring when statistics of the cold-water treatment reveal the astounding reduction of mortality to 3.9 per cent, and when the *raisonné* of the action of antipyretics is carefully studied.

It has become our solemn duty to pause, weigh the reasons of this enormous difference in the mortality, and ascertain if it may not be further reduced by a more universal adoption of the Brand bath. I propose to establish the fact that this mortality may be reduced, as Brand has reduced it, to *one per cent*. Those who, like myself, have personally witnessed the fatality of typhoid fever in New York City may, as I once did, shrug their shoulders in doubt, and fortify their argument against these baths by their *own small statistics* gathered in private practice and not recorded; or by the imperfect records of hospital statistics, in which persons of all ages, sexes, and conditions, and cases in all stages, are mingled in unutterable confusion and admitted usually late in the disease. An examination of the following pages and an analysis of the reasons offered to prove the superiority of the cold-bath treatment will demonstrate that this is not a chimera, but a substantial fact, based upon the most reliable clinical data.

Brand offers the statistics of 19,017 carefully gathered cases of typhoid fever,\* which demonstrate that under the general influence of all kinds of cold-bath treatment, without, however, its strict enforcement, the mortality has been reduced from 21.8 per cent to 7.8 per cent. But this is not all. He has obtained from twenty-three German and French distinctly designated sources the reports of 5,573 cases (to which I have added more recent reports), statistical evidence which has not yet been and cannot be controverted, and by which it is clearly shown that the cold-bath treatment originally recommended by him has reduced the mortality to 3.9 per cent. The latter percentage, however, still includes many imperfectly managed cases. Eliminating these, the number treated strictly by Jürgensen, Vogl, Brand, and others up to January, 1887, amounted to 1,223 cases, of which twelve died, a *mortality of one per cent*. And yet this is not all, for the most significant fact deducible from these statistics is that *not one of the twelve deaths occurred in any case that came under treatment before the fifth day*. Brand boldly asserts, on the strength of these 1,223 cases, of

\* *Deutsche medizinische Wochenschrift*, 1887.



which he treated one-fourth in private practice, the remainder coming from Jürgensen's clinic at Tübingen (which approximates private practice), Vogl's military practice at Munich, and the military hospitals at Stralsund and Stettin, that *all cases of typhoid fever coming under treatment before the fifth day should recover*.

Medical statistics are proverbially unreliable, but the exactness of the figures presented by Brand, in his able polemic in the *Deutsche medizinische Wochenschrift* for 1887, cannot be doubted and his deductions cannot be gainsaid, because they are furnished from civil and military life, from university clinics and military hospitals, in which the cases were observed by competent and well-trained men, and they have been confirmed by more recent reports, as I shall show.

Valuable as these statistics must be as an argument in favor of strict cold bathing, the results of the latter are better illustrated by some comparative statistics made by several clinical observers. For instance, the official records of the Second Prussian Army Corps, quoted by Brand, show that, while from 1849 to 1866 the mortality among 1,970 cases was 26.3 per cent, it was reduced among 2,714 cases of strict cold-bath treatment to 4.3 per cent. This enormous reduction is the more glaring when this mortality of 4.3 per cent is compared with that of other armies. In the French army, it was 32.2 per cent; in the Italian, 28.6 per cent; in the Austrian, 27.4 per cent; and in the English, 23.8 per cent, during the same period. Indeed, so striking was the reduction of mortality wrought by this treatment in the German military hospitals that the Prussian War Department deemed it incumbent upon itself to issue, on January 25th, 1883, a circular to the medical service, in which it was urged that "inasmuch as the Brand treatment has been instrumental in reducing the mortality of typhoid fever in the various hospitals from 25 per cent to 5 per cent, we are justified in expecting that, with an increased perfection and more general adoption of this treatment, it may become possible to save a still larger number of sick men."

As doubt has often been cast upon the correctness of these statistical statements and their applicability to our own country, the following opinions from reliable sources may confirm them.

Dr. J. C. Wilson, of Philadelphia, now Professor of Practice in Jefferson College, wrote me on October 16th, 1890: "I confess to having entertained misgivings as to the accuracy of Brand's statements for a long time, but I took occasion last spring to investigate the matter systematically for myself. No one who has done this, following the method closely, and avoiding medication, can doubt the efficacy of the treatment. In this community, it would be at present impracticable to introduce the treatment to any great extent in private practice, but



the publication of statistics which are incontrovertible, and which prove that the average mortality can be reduced from its present figures, perhaps sixteen per cent, including hospital and private practice, to two or three per cent, will in a short time render the employment of baths practicable both in public and private practice. I find the trouble lies chiefly with our physicians, some of whom are closely bigoted and subject to traditions. But there are many others who are open to conviction."

In *The Medical News*, December 6th, 1890, Dr. Wilson says: "Severe symptoms were mitigated, and mild cases ran a most favorable course. As a rule, patients did not object to the baths. When they did so, their objections ceased after a few baths had been administered. Complications were trifling, there were no sequela, and in every case the convalescence was rapid and satisfactory."

In a lecture published in Lippincott's *International Clinica*, for July, 1891, page 19, Dr. Wilson says: "This treatment has consisted almost exclusively in a routine procedure, and in that respect is wholly at variance with the general teachings of this country in regard to the management, not only of this disease, but of the other infectious febrile diseases. It is, moreover, a treatment radically different from any method hitherto practised in the other hospitals to which you have access, and is only briefly discussed in your text-books. It has now been systematically and continuously carried out in this hospital during a period of sixteen months, and our studies in regard to it embrace, so far as I am informed, a longer period of time and a larger number of cases than in any other American hospital. These are, collectively, sufficiently large to warrant a review of our work at this time, especially as our results coincide with those which have been placed on record upon a much larger scale abroad."

"The method of Brand treated with indifference outside of Germany, where it originated, for a long time met with violent and systematic opposition in the country of its birth. By degree it won its way to favor, step by step, in spite of this opposition. The general testimony in regard to its effect upon the case is in entire accord with the statement of Brand."

Dr. Wilson\* reports four hundred and eight cases treated by systematic bathing in the German Hospital and the Hospital of Philadelphia with thirty-two deaths = 7.84 per cent. The greatest number of cases were admitted during the second week of the attack. Hence the strict Brand method, which demands the application of baths during the first week, could not be applied.

During the Cuban war Dr. J. C. Wilson† treated 147 cases of enteric

\* *Medical News*, November 30th, 1895.

† *Philadelphia Med. Journal*, February 25th, 1899, p. 469.

fever at the German Hospital with a mortality of 3.4 per cent. Of these 121 were treated by systematic cold bathing. Considering that the average duration of the disease upon admission was eleven days, this result is remarkable. At the same meeting Dr. E. F. Stahl (St. Agnes Hospital) reported 144 cases with 5 deaths (2.8 per cent). Every patient having a temperature of 102.2° was bathed every third hour; the total number of baths were 1,830. The work was much facilitated by an ingenious lifting apparatus, which is illustrated in the Journal.

Dr. James Tyson, Professor of Clinical Medicine, University of Pennsylvania, thus testifies to the value of the Brand method: "I have been anxious for an opportunity to give emphasis to a method of treatment which, while it has received the acknowledgment of the large majority of hospital physicians, has, for various reasons—some of them quite potent—failed to come into that general use which its efficiency demands for it; and I have thought that an opportunity would be presented here of reaching many who, by reason of their residence outside of the larger cities, have not had their attention called so forcibly to its superior advantages as was needed to secure its more general adoption in private practice. Further, I am able also to show a means by which the treatment is bereft of one of its most serious inconveniences. I allude to the Brand bath method of treating typhoid fever. *I have become so satisfied from my personal experience with this method that it without doubt greatly surpasses any other in the results attained by it that I feel impelled to do what I can to extend its use.*"

In his report on typhoid fever among the soldiers of the Cuban war† Dr. Tyson writes: "The treatment, outside of the dietetic, may be fairly said to have been the cold tub-bath method of Brand. My experience with the Brand treatment has in no way diminished my confidence in it, as the best available method for treating typhoid fever, subject to the limitations which good sense and experience may demand."

Responding to an inquiry regarding his present attitude on this subject, Professor Tyson has recently written to the author: "I still use the Brand method whenever possible. Its effect is practically to make serious cases less serious and mild cases much milder. My statistics to January 1st, 1906, showed a mortality of 7.3 per cent, which is astonishingly near those of Osler at Johns Hopkins and Wilson at the German Hospital, the former having 7.3 per cent and the latter 7.25 per cent."

In the Transactions of the State Medical Society of Indiana for 1889, Dr. G. C. Stryker, of Indianapolis, Ind., reports two hundred

\*Therapeutic Gazette, July 15th, 1895.

†*Loc. cit.*

and eight cases of typhoid fever treated by baths by himself and three colleagues, with five deaths (2.5 per cent). He says (page 8): "No one has a right to oppose this treatment upon purely theoretical grounds. He who does so, and refuses to adopt it, signs the death warrant of twenty individuals out of every hundred with this disease, and a discriminating public will hold him responsible."

The status of the Brand method in New York city is evident from the following:

At a meeting of the New York Clinical Society, Dr. H. P. Louis presented a valuable summary of the Brand method as follows:\*

"To the present treatment of this disease must be given the credit of saving over fifty per cent of the people who formerly died, for the disease certainly does not average any milder type now than it did ten or twenty years ago.

"To the Brand bath is rightly given a great deal of credit for this decrease in mortality.

"At all the hospitals the Brand bath when given is ordered when the temperature reaches 103°, with the exception of the Presbyterian Hospital, when it is given for a temperature of 102.5°. At the other hospitals the only exception to the general rule is when Dr. Peabody is on duty at the New York Hospital, when he orders the baths for a temperature of 102.5°, and Dr. James, when on duty at Roosevelt Hospital, for the same temperature. Two of the hospitals (Presbyterian and Bellevue) give the baths every four hours, and two (Roosevelt and New York) give them every three hours. The temperature of the first bath in all the hospitals averages 70°. All the children are tubbed at a higher temperature, viz., 85°. The duration of the bath is fifteen minutes, and whiskey before and hot milk after the bath is universally given. The temperature is taken in all the hospitals except the Presbyterian (one hour) one-half hour after the bath.

"The Brand bath should be given in all cases when the temperature reaches 103°. It should be ordered every four hours. The technique is as follows:

"The patient receives  $\frac{1}{2}$  ss. of whiskey (diluted) before the bath and a glass of hot milk after. The temperature of the bath should be 70°, and gradually reduced by ice to 65°. The patient should remain in the water fifteen minutes and should be constantly rubbed. A cold compress or ice cap should be placed on the head. On removal from the bath the patient should be dried off by a sheet which is removed, and then the patient is wrapped in blankets. At the end of half an hour the temperature is taken and noted on the chart, the effects of

\*Medical Record, January 10th, 1903.



the loths being covered by a red line. The 4 A.M. bath can always be omitted with advantage, and in most cases the 12 P.M. bath also."

Only a few days prior to his decease this lamented teacher wrote to the author of his continued adherence to the Brand baths, the closing lines being as follows: "I always give one or two Brand baths before the students of Cornell Medical College in Bellevue Hospital, going carefully over the details."

Prof. J. H. Mosser, of Philadelphia, recently wrote to the author: "I favor the use of the Brand bath treatment in typhoid-fever cases because we get the best results."

Dr. A. B. Ball, Professor of Clinical Medicine in the same school, thought "the reason why the doctors at Bellevue, including himself, had given up the bath treatment some years ago was that they did not employ rubbing. Everybody who had tried the more recent method, devised by Dr. Brand,\* adding friction, had been convinced that there was *no other method at command which was so valuable*. The influence upon the respiration, causing deep inspiration, must be among the most beneficial effects. With women he had continued the treatment during menstruation, and it had received the approval of some of his gynecological friends whom he had consulted about it. With some patients it might be best to begin the bath at 85° or even 90° F. The great mistake was to suppose that it was intended simply to reduce the temperature."

Dr. W. P. Northrup, Professor of Paediatrics, Bellevue Hospital, said "the beauty about the bath treatment of typhoid cases was, to quote Dr. DeLafohl, that they ran such a comfortable course. He had applied it in all cases for three successive autumns at the Presbyterian Hospital, except in a few cases in which at the strong recommendation of a doctor in the city he allowed Fraenkel's toxin to be tried. These patients, although recovering, suffered such great discomfort from their disease as long as the baths were withheld that he made up his mind, if he were forgiven for thus allowing them to suffer, never to repeat the offence."

Sir William Broadbent† says: "While, however, cold sponging, the wet compress, the ice bag, and similar measures are useful and grateful, they fail to exercise the desired control over the temperature when the fever is at all severe. A resource of greater power is the bath, and it must be said that whenever this has been systematically tried the mortality of typhoid has been considerably reduced."

It would seem that even the leaders of medical thought in Great

\*The author has endeavored to emphasize the pronounced importance of friction, but it was derived by Ernst Brand of Stettin, to whom all honor is due.

†Lancet, 1898, vol. II, p. 456.

Britain have not yet disenthralled themselves from antipyrexia and apply the cold bath as an antipyretic still, as is evident from the excellent lecture of Dr. Broadbent from which the above extract emanates.

Dr. Tuttle\* states that "in the New York Hospital during the year ending November 1st, 1892, there were seventy-six typhoid patients treated by the cold bath, with a mortality of only five per cent. The Brand method was carried out more perfectly in this than in any other hospital in the city, as in most of them the treatment was mixed, in some a bath being given when the patient seemed to stand the high temperature poorly, and in others baths with intestinal antiseptics and other medication, but in none with such good results as above." The fault referred to by Dr. Tuttle is very prevalent, the fact being lost sight of that the ideal results of Brand can be expected only from following strictly his method.

Dr. Osler, Professor of Practice in the Johns Hopkins Hospital,† gives the statistics of typhoid mortality for six years, ending May, 1895; Cases admitted before introduction of hydrotherapy, 33; mortality 24.2 per cent. Cases admitted since introduction of hydrotherapy, 336; mortality 6.6 per cent.

"Two advantages are claimed for hydrotherapy in typhoid fever—a mitigation of the general symptoms of the disease and a reduction in the mortality. Our experience during the past five years bears out these claims.

"In general hospitals, to which cases rarely are admitted before the end of the first week, the full benefits of the cold bath, as described by Brand, cannot be expected; nevertheless, in any large series, the severer manifestations appear to be less common. As has been urged so often and so ably by many writers, the beneficial action is not so much special and antipyretic as general, tonic, and roborant. The typhoid picture is not so frequently seen, and we may have twenty or more cases under treatment without an instance of dry tongue or of delirium among them. It is a mistake to claim, as do the too ardent advocates of the plan, that severe nervous symptoms are never seen. I have taken the pains to go over carefully our records on this point. There were in the first three years thirteen cases, in the past two years nine cases with delirium."

While Osler's comments are correct, the fairness of this statement may be enhanced by calling attention to the fact that the "ardent advocates of the plan" claim the absence of severe nervous symptoms only in cases in which strict bathing is begun very early in the disease. My observations demonstrate the correctness of this claim and that

\* Southern Medical Record, 1892.

† Reports, vol. v.

the earlier bathing is begun, the more pronounced is the abolition of delirium and stupor. Since, however, "in general hospitals cases are rarely admitted before the end of the first week, the full benefits of the bath cannot be expected," as Osler says; hence the claims of the "ardent advocates," are not a mistake.

"A far more important claim is that the use of the cold bath reduces the mortality from the disease. The comparison of death rates as a measure of the efficacy of any plan of treatment is notoriously uncertain unless all the circumstances are taken into account. Our own figures for the past five years, for example, illustrate this: 6.2 per cent in the bathed cases, ten in the unbathed cases—as the latter group is made up entirely of cases too mild to bathe—and six patients in whom either the disease was not recognized or who were too ill on admission to treat.

"In the Metropolitan Fever Hospitals, London, the death rate, as given in the Report for 1893, was seventeen per cent. The cold-bath treatment, rigidly enforced, appears to save from six to eight in each century of typhoid patients admitted to the care of the hospital physician.

"While I enforce the method for its results, I am not enamored of the practice. I have been criticised rather sharply for saying harsh words about the Brand system. To-day, when I hear a young girl say that she enjoys the baths, I accept the criticism and feel it just; but to-morrow, when I hear a poor fellow (who has been dumped, like Falstaff, 'hissing hot' into a cold tub), chattering out maledictions upon nurses and doctors, I am not inclined to resent it, and to pray for a method which may be, while equally life-saving, to put it mildly, less disagreeable."

In a recent reply to an inquiry by the author Professor Llewellyn Barker, of Johns Hopkins, wrote: "We feel in the medical clinic here, at the Johns Hopkins Hospital, just as Dr. Osler did, that the Brand baths are of great advantage in typhoid fever. Typhoid fever presents an entirely different picture from what we were familiar with before the introduction of the Brand method.

The author is fully in accord with Dr. Osler's hope that a more practical and agreeable mode of saving life in typhoid fever may be devised.

Dr. Gluzard, Professor of Medicine in Lyons University, who, as a prisoner of war in Seltia, assisted Brand in treating typhoid fever among the French prisoners, and on his return to France became a warm propagandist for the Brand method, concludes a paper before the French Congress for Internal Medicine, 1894, as follows: "The treatment of typhoid fever with cold water has not only resisted all onslaughts against it in France, but its value is so far undisputed



that many Parisian professors regard it as a specific. Easily executed in town and country, in the house of the poor as well as of the rich, the remedy should become the common property of all physicians, and our hospitals should afford ample material for its thorough mastery."

Dr. F. H. Hare, of the Brisbane Hospital, Queensland,\* offers an excellent *résumé* of the work of a large general hospital. From 1882 to 1887, 1,828 cases of typhoid fever were treated on the expectant plan, with a mortality of 14.8 per cent. From 1887 to 1896, one hundred and ninety cases were treated with the Brand system (?) of cold bathing with a mortality of 7.5 per cent. There has occurred, therefore, a reduction in the mortality of the disease of practically fifty per cent; or, in other words, about seven of every one hundred patients admitted have been saved by the bath treatment. This result harmonises exactly with the latest conclusion of Osler on this subject. He says: "The cold-bath treatment rigidly enforced appears to save from six to eight in each century of typhoid patients admitted to the care of the hospital physician.

"The series being sufficiently long to exclude errors due to paucity of data, the variations have practically disappeared; there is instead, as pointed out by Osler, a remarkable uniformity in the results.

"The most important result of the systematic employment of Brand's treatment is the alteration it has effected in the constitution of the mortality list. The statistics of the first three years of the decade led to the conclusion that the treatment was ineffectual to reduce the mortality from perforation and hemorrhage, and that the vast bulk of the reduction was due to the prevention of those complications and modes of death which, being more or less common to the febrile state however induced, are termed pyrexial. Further experience has simply verified this.

"In the 1,902 cases of the ten-years' bath period, 56 patients died of perforation, or 2.9 per cent; 23 of hemorrhage, or 1.2 per cent; while 64, or 3.4 per cent, succumbed to other causes. The following table shows the modification which has been imprinted upon the constitution of the typhoid mortality list by the introduction of the cold-bath treatment:

Cases of Death in Typhoid.	According to Expectant Percentage	Brisbane Hospital before Introduction of Bath Treatment Percentage	Brisbane Hospital after Introduction of Bath Treatment Percentage
Perforation . . . . .	5	2.9	2.9
Hemorrhage . . . . .	1.4	1.86	1.2
Other causes . . . . .	12.8	9.73	3.4
Total mortality.	17.2	14.5	7.5

\* Medical Record, May 26, 1897.

"Thus almost the whole of the reduction in mortality, amounting to seven in every one hundred admitted, falls upon the third group of causes, or, in other words, perforation and hemorrhage, which together used to cause only about one-fourth of the total deaths, now under the bath treatment cause more than half, and this in spite of the fact that they are if anything actually less fatal.

"An important point brought out by this report is the comparative mortality of the sexes. Statistics on a large scale show that under ordinary treatment the female mortality is slightly higher than the male. In Brisbane, during the expectant period, 1,100 men and 668 women were admitted. Of the former 164 died, a mortality of 14.14 per cent; of the latter 107, a mortality of 16.02 per cent. The difference is in spite of the admitted fact that men are about twice as liable as women to succumb to perforation and hemorrhage.

"It follows, therefore, that the female wards offer a better field for the cold-bath treatment than the male."

These statistics present almost exactly the same result as those of the second division of Vogl's hospital, in which the same mixed treatment was pursued. They are equally valuable, because all sources of error are eliminated in this judicious report. It may be of interest again to refer to the fact brought out by Brand, that perforation and hemorrhage are prevented only by the strict *cold* bathing. The reason for the absence of reduction of these complications in the Brisbane Hospital rests on the fact that in a general hospital cases are not admitted before the fifth day, and in the Brisbane Hospital the treatment is mostly a combination of the Brand method with antipyretics.

Bouveret records\* one hundred cases of typhoid fever treated by the strict cold bath, with a mortality of three per cent. The average date of admission of the fatal cases was the sixteenth day. He commences in advanced cases at 79° or 80° F., reducing the temperature of the baths to Brand's standard of 65°, if fever does not yield. *He has never had syncope or heart failure from the bath, because he never exerts friction over the body, except over the abdomen.* He treats strictly in accordance with Brand's rules, except that the abdominal wet compresses are kept cold by ice bladders contained within them.

A popular work on practice,† published in Great Britain, shows that even in conservative England (see page 526) the Brand method is attracting attention. "*Treatment against temperature* (7). Quinine is the best medicinal agent; coal tar are to be avoided. Hydrotherapeutic means have been used with more success. Of these the Brand system is by far the most important, and although it has never had a fair

\*Lyon Médicale, 1891.

†Gibson's "Practice of Medicine," by eminent authors. Edinburgh and London: J. Pentland, 1900.



trial in this country, it has given admirable results on the Continent and in America. In spite of the apparent severity, the death rate of typhoid fever has been considerably lowered in all hospitals where it has been systematically used. The great secret of its success would appear to lie in the fact, not that it lowers temperature, but that it produces elimination. Diuresis is much more free and the toxins are discharged in much greater quantity."

The last sentence quite contradicts the first line of this quotation, and proves how firmly implanted is the idea that a cold bath is "a treatment against temperature."

*Private Practice.*—Thus far the observations of hospital physicians and teachers only have been cited. Although these include their experience in private practice, the following statements from physicians in private practice alone may be of interest.

In an essay read before the Detroit Medical Association and published in *The Physician and Surgeon*, December, 1889, Dr. Carl Bornig says: "In reviewing sixty-one cases—which I have treated without a death by Brand's method, with no medicine except one or two large initial doses of calomel—I have to say most euphatically and decidedly that Dr. Brand's method of treating with cold baths typhoid fever or typhus fever, or in fact all diseases with a continuous abnormally high temperature, is the very best, the ideal mode of treatment, and the one which should be pursued in every case, may it be severe or mild. *If this plan is persisted in from the beginning, no anxiety need ever be felt by the physician about his patient, for he will surely recover.* The course of the disease will be relatively mild, and all these various and dreadful complications which are so common with any other plan of treatment will be almost entirely excluded. But in order to get these results you have to carry out Brand's directions to the letter."

Dr. Barker, of St. Louis,<sup>†</sup> states that he has treated forty-five cases in private practice, thirty-five of which received baths of 70° or 75° for fifteen minutes. In the latter he had not a single death. Barker has abandoned sponging, rubbing with ice, etc., for "immersion, which, although troublesome at first, requires less skill and can be relied on for pronounced effect."

Dr. Carl Sihler, of Cleveland, Ohio, was so firmly convinced of the life-saving value of the Brand method in typhoid fever that he undertook, at his own expense, the work of translating Brand's, Vogl's, and Tripier's contributions, because "here was a chance for missionary work in a field which promised many good results." He justly says that, while his personal experience "covers the first period with the

<sup>†</sup> *Therapeutic Gazette*, p. 545, 1895.



water treatment, when serving by apprenticeship, and shortcomings and mistakes in the application of the method would be apt to make such observations of little value," it demonstrates clearly "with what degree of accuracy and how extensively an ordinary practitioner in

TABLE OF COMPARATIVE MORTALITY UNDER VARIOUS METHODS OF TREATMENT IN TYPHOID FEVER.

Reporter	Source	Treatment	Number of Cases	Percentage of Mortality
Jacobi	Various sources	Expectant	60,140	29.95
Marchand	Various sources	Expectant	37,960	37.40
Brand	Various sources	Expectant	11,194	23.7
Salisbury	New York Hospitals, 1878-80	Expectant	1,200	34.00
Truper	Lyon's Hospital, 1865-77	Expectant	220	26.2
Vogl	Munich Military Hospital, 1917-18	All kinds, chiefly expectant	2,490	26.7
Rare	Brunswick Hospital, 1895-97	Expectant, opium, and cold wet sheet	1,038	14.32
Wilson	German Hospital, Phila.	Expectant and some baths	251	13.20
Truper	Lyon's Hospital, 1873-81	Expectant and bathing	620	15.2
Bourquet and Trousseau	Lyon's Hospital, 1862-67	Strict baths in severe cases	275	5.3
Vogl	Munich Military Hospital, 1898-99	Expectant and baths	9,841	12.5
Brand	Various sources	All kinds of cold baths	19,337	7.3
Helm	Berlin Hospital	Permanently tepid baths	1,400	9.5
Zimmerman	Tientsin, China	Graduated baths and antipyretics	2,000	9.3
Vogl	Munich Military Hospital, 1877-87	Strict cold baths and antipyretics	704	7.5
Rare	Brunswick Hospital, 1873-81	Cold baths and some antipyretics	1,173	5.34
Rare	Brunswick Hospital, 1880-90	Strict Brand	1,305	7.35
Stump	Koenigsberg, China	Strict cold baths	145	6.9
Vogl	Munich Military Hospital (old divisions), 1890-97	More strict baths and less antipyretics	140	4.1
Vogl	Munich Military Hospital (old divisions), 1890-97	Strict cold baths	405	5.7
Vogl	Munich Military Hospital, 1897-99	Strict cold baths	141	2.5
Bourquet	Lyon's Red Cross Hospital, 1901	Strict cold baths	300	3
Brand	Various sources	Strict cold baths	2,398	1.7
Brand	Same cases, excluding those not treated before 1871-80	Strict cold baths	2,390	0
Wilson, J. C.	German Hospital, Phila.	Strict cold baths	34	1
Wilson, J. C.	German Hospital, Phila.	Strict cold baths	409	7.3
Vogl	Munich Military Hospital, 1901	Baths of 50°	497	6.4
Taillie	New York Hospital, 1898	Strict cold baths	74	2
Kilber	Private practice	Strict cold baths	40	2
Barber	Private practice	Strict cold baths	30	0
Barber	Private practice	Strict cold baths	40	0
Baruch	Private practice	Strict cold baths	52	1
Martin	Australia	Strict cold baths	173	5.4
Trousseau	University Hospital, Phila.	Strict cold baths	200	2.25
Thompson, W. H.	Bowdoin Hospital, N. Y., 1868-69	Strict cold baths	260	6.5
Oser	St. Ann's Hospital, Hamburg	Alone cold baths	100	7.5
Gilman and Thompson	New York and Philadelphia Hospitals	Strict cold baths	300	5.15

private practice is able to follow " this method, even among the labor-

ing classes. During two years Dr. Schler treated fifty-four cases of typhoid fever with water, with three deaths, and twenty-six mild cases, some of which had baths, with but one death; and concludes by saying: "With this method a powerful means for good is placed in the hands of the physician, and I would no more think of placing any one dear to me personally, suffering from typhoid fever, into the hands of a physician who does not act according to the principles of Brand, than one who had to undergo an operation into the hands of a surgeon who does not act according to the principles of Lister."

W. Gilman Thompson writes: \* "The Brand system of bathing as applied in this country gives astonishingly uniform results. For example: Johns Hopkins Hospital, 7.5 per cent; Philadelphia Hospitals (Wilson and Tyson), 7.3 per cent; Roosevelt Hospital, New York, 268 cases (1889-99), 6.8 per cent; New York Hospital and Presbyterian Hospital, 500 cases, 6.5 per cent (previous mortality, 16.1 per cent)—7.75 per cent. Hence it must be admitted that cold tub bathing reduces the general typhoid mortality fully one-half, which certainly more than compensates for the discomfort, trouble, and expense attending this process.

Since adopting the strict Brand method I have treated about one hundred successive cases in private practice, with one death, while during the last year of the expectant and antipyretic treatment I lost thirty-three per cent of my private typhoid cases. In consultation practice cases are seen too late to obtain the full result of the method. The latter cannot be used with exact technique because the reactive capacity has not been maintained by early hygienic measures. Nevertheless, the judicious adaptation of the latter to the individual case offers encouragement.†

The accompanying table, which I have gathered with care to exclude all unreliable statistics, presents at a glance the comparative merits of the various methods of treatment. The figures accorded are when I sought them out, and I trust that the lesson they teach will be impressed indelibly upon the mind of the reader.

#### REASONS FOR THE THERAPEUTIC SUPREMACY OF THE COLD BATH IN INFECTIOUS FEVERS.

While statistics have demonstrated the superiority of the Brand method, it is well that physicians divest themselves of the empirical influence of mere figures, which, it has been said, may be marshalled

\* "Text-Book on Practical Medicine," 1892, Lea Brothers & Co., p. 45.

† "Some Desperate Cases of Typhoid Fever Treated With and Without Baths." *Medical Record*, October 1st, 1890.

is any cause to prove anything, and investigate the causes why the cold-bath treatment of typhoid fever is superior to the antipyretic, expectant plan. Therefore I do not ask the acceptance of the evidence furnished above, although it will doubtless be conceded that never in the history of medicine have statistics of such magnitude, from such reliable and diversified sources, been brought to bear upon a question of therapeutics.

*The idea that high temperature is the chief determining cause of fatality in typhoid fever must now be abandoned.* The sooner we cut loose from this fallacy the better will it be for suffering humanity. This position is fortified by the observations of many clinical observers and by experimental laboratory demonstrations. Among the latter we find the clear and sagacious review of the pathology of fever by Professor Welch, of Johns Hopkins University, offered in his Cartwright Lectures, 1888, in which he gives a cautious, painstaking, and judicious weighing of all the evidence bearing upon the lethal influence of heat elevation in fevers, sustaining them by experimental and clinical data that must be convincing to any unbiased mind. He says, in summing up,\* that "the conclusion seems justifiable that *failure of the heart power is but an effect of high temperature than of other concomitant conditions.* The loosened perspiration, the renal disorders, and the digestive disturbances (with the possible exception of constipation) are referable also chiefly to other causes than the increased temperature. Both experimental and clinical observations strongly support the view, now widely accepted, that the disturbances of the sensorium, which constitute so prominent a part of the group of so-called typhoid symptoms, are dependent in a far higher degree upon infection or intoxication than upon the heightened temperature. Even in fever, such as typhoid fever and pneumonia, when the height of the temperature is undoubtedly a most important index of the severity of the disease, there exists no such parallelism between the temperature and the nature and severity of the symptoms as we should expect if these symptoms were caused by the increased heat of the body."

In the discussion of a paper on antipyretics which I had the honor to read before the section on practice of the New York Academy of Medicine, the lamented Dr. Wesley Carpenter said: "With regard to heart failure and degeneration of the muscular fibres of the heart, I had an opportunity, in connection with the pathological department of Bellevue Hospital, to examine microscopically the cardiac muscle in a sufficient number of cases to make it quite evident that they did not occur with the frequency one might be led to expect from reading the writings of the German observers."

\* Medical Record, April 26th, 1888.



Dr. A. T. Loomis said on the same occasion: "I am not certain, for I have been in the line of observation similar to that of Dr. Carpenter, that failure of the heart is due to parenchymatous degeneration, of which we have at times heard so much, and it has seemed to me to be due to failure in nervous supply as much as to muscular changes."

This is clear evidence from pathologists and clinicians, which I might corroborate by other home and foreign testimony.

Since it may now be regarded as an established fact that high temperature, minus infection, does not produce those serious degenerations formerly ascribed to it, we must seek in the infective process, and the ptomaine intoxication resulting from it, those deleterious effects upon the vital organs which undermine the system and eventually cause death in typhoid fever. As the chapter on its *etiology* has clearly pointed out, the cold-bath treatment yields the most triumphant results in combating these very effects of the infective and toxic agencies, of the true entity of which we have not yet positive evidence. It has been clearly demonstrated by numerous trustworthy observers that the reflex stimulus aroused by the shock to the extensive peripheral nerve endings so energizes the nerve centres which furnish innervation for circulation, respiration, digestion, tissue formation, and excretion, that the system is enabled to tide over the dangers which would ensue from failure of these functions.

This is, in a nutshell, the effect of cold bathing in infectious fevers; the simple cooling effect on the blood occupies a secondary though not unimportant office.

The refreshing effect of the cold full bath upon the nerve-centres referred to produces a vigorous cardiac action, which is evinced by the slower and more regular pulse and an improved tension of the vessels, and appetite and digestion are enhanced, enabling us to enforce a more perfect nutrition; it deepens and lowers the respiration, preventing stasis of bronchial secretions and obviating pulmonary complications; all the secretions are enhanced; the patient is refreshed and invigorated, and  *fights the battle of life with all chances in his favor*. How different is the aspect of a case under the expectant treatment, and how different is the effect of pure antipyretic medication! The temperature may, indeed, be reduced, but the stimulating effect upon the nerve centres and secretion, except on the perspiration, is absent. Vinay,\* who has made some creditable investigations on the subject, tells us that antipyrin does not relieve the delirium, which is in accordance with my own observation; it does not, like the cold bath, increase the flow of urine, by which noxious elements are eliminated. He

\* *Lyon Médicale*, 1888.

has also confirmed Vogl's observation that convalescence is much shortened, because there is a rapid gain of weight when the fever has been treated by cold baths. *Kaolin*, *reserin*, and *antipyrin*\* diminish the excretion of urea and nitrogen; hence they diminish the excretion of the *metaboli work* through the kidneys, while baths increase it. The liver in patients dying after treatment by antipyrin is from six to twelve and one-half grains heavier than in those dying after cold baths. This is confirmed by Dr. Porter,† who found that antipyretics produced granular and fatty metamorphosis of the liver and kidneys. Indeed, there is an entire absence of good effect upon the circulation after antipyrin, an effect which is marked after the cold bath.

In the discussion of this subject, at the instance of Dejudin-Beaumetz, by the Paris Congress of Therapeutics a few years ago, Lepine stated that his investigations showed conclusively that all antipyretics, the effect of which is so palpably soothing to the nervous system, act by inhibiting the activity of the protoplasm; they destroy chiefly the red corpuscles, either by converting the hæmoglobin or by attacking the cell structure itself; they act as poison to the protoplasm. Despite, though favouring medicinal antipyretics in fevers of short duration, favoured most decidedly the strict cold bathing of Brand in continued fevers with a tendency to adynamia or ataxia. Stokes and Sennola spoke of medicinal antipyretics as dangerous remedies. Sennola thought that whatever comfort is induced by them is purchased at the expense of weakening the patient.

The matter stands quite differently with the Brand method, which even in the modified and enucleated forms which prevail is far more effective.

Dr. Shattuck, Jackson Professor of Practice in Harvard University, says it is certain that the modified and feeble bath treatment practised in this country cannot compare in results with the strict Brand method, because the former still shows a mortality of ten per cent.

Dr. Horatio C. Wood, who, as Professor of Therapeutics in the University of Pennsylvania, may be regarded as a safe counsellor, says with reference to Brand's method: "I have no doubt that very many persons in the United States have died of typhoid fever whose lives would have been saved if the American medical profession had risen above the opposition of the laity and above its own prejudices."

Dr. Blackader‡ reports an epidemic of typhoid fever among children in Montreal, produced by infected milk. Fifty-three cases were treated in hospital, and twenty-nine in private practice. In the mæ-

\* According to Jarabowitch, *Zeitschrift für Kinderheilkunde*, 1885, and other authorities.

† *New York Medical Journal*, July 20th, 1887.

‡ *Boston Medical and Surgical Journal*, p. 303, 1884.

§ *Archives of Pediatrics*, September, 1890.



jointly of these cases cold baths were used when the body temperature reached 103.2°. The bath lasted ten minutes and was repeated every three hours. This author is convinced of the great value of cold and cool baths, which should aim chiefly to invigorate the heart, improve the respiration and secretion. The nervous system of a child reacts more promptly to the cold bath, in inverse ratio to the age. The temperature, duration, and number of baths must be adapted to each case; as a general thing the bath should be somewhat warmer than in adults. While bath temperatures of 68°, and even 75°, may produce great shock in a child, baths of 89°, cooled down to 85°, never produce collapse. The more advanced the disease, the lower may the bath temperature be. When the body temperature is below 102.5°, one or two daily cool baths improve cardiac action and hasten convalescence.

Juhel-Besoy, the late eminent Parisian physician, claims that even in old people the only effectual treatment is by the cold bath, from which he has obtained such marvellous results that they amounted to "resurrections" in some cases.\*

Dr. H. A. Hare, Professor of Therapeutics in Jefferson Medical College,† furnishes a judicious exposition of this subject. On page 62 he says: "The writer feels sure that antipyria should be given in typhoid and other low fevers of a continued type only when the cold pack [with which he evidently includes lathing] cannot be used, or at the end of the cold application, to prevent the temperature from bounding upward after its depression. No fever can resist the cold bath. Cold lathing is a power for good, before which every other measure must stand aside."

Professor Gerhardt opened his course of lectures in the Berlin University on medicine in the fall of 1896 by a lecture on "Prognosis of Disease," in which he stated that the "prognosis of typhoid fever has been changed by treatment, the mortality of this disease having been reduced by the Brand cold-water treatment to one-fourth its former rate."

Since the fact has been demonstrated that *cold baths are antifebrile remedies*, while *antipyretics are simply antithermic agents*, the superiority of the former over treatment by antipyretic medication is thus made clear.

A mixed treatment is advocated by Loebermeister and Ziemssen. The latter, who is one of the staunchest defenders of the cold bath (not, however, as an antipyretic alone), regards the gradually lowered bath as better adapted to the exigencies of private and civil practice, while

\* Bulletin de Thérapie, p. 330, 1893.

† Boylston prize essay on "Fever: Pathology and Treatment by Antipyretics."



he concedes that the results of Vogl and others, in military practice, leave nothing to be desired. Löbnermeister has until very recently insisted upon the cold bath as an antipyretic to produce remissions in the fever, and has prescribed quinine to render these more enduring. Nannyn, on the other hand, uses a modified and more temperate bathing, rejecting all antipyretic medication.

*Testimony of Eminent Teachers.*—In the fourth Congress of Internal Medicine (1885), eminent clinicians expressed almost unanimously the opinion that "until we obtain a specific curative agent for typhoid fever, such therapeutics is to be preferred as is capable of diminishing or removing the effects of the morbid agents, and that this aim is most surely fulfilled by hydrotherapy; that medicinal antipyretics act only against temperature elevation, but do not, like the bath, produce a modifying effect upon the fever process." Fiedlme, Löbnermeister, Jackson, Strangell, Roodbach, Heilmann, Jürgensen, Bamberg, were among the speakers on the occasion, and were instrumental in producing a reaction in favor of the bath, which was about to be swept away in the antagonism which antipyretic medicines in typhoid fever had justly evoked. (See Corroboration by American teachers, pages 192 to 195.)

*Character of Statistical Evidence.*—There is a statistical bureau in Berlin which sifts carefully all statistics pertaining to medicine. In 1887 Guttstadt, who was its censor, said in a lecture before the Verein für innere Medicin in Berlin: "An important factor in the diminution of mortality is the more successful treatment now used, especially Brand's method."

As corroborative and explanatory of the reasons of the superiority of the bath treatment, a valuable lesson is inculcated by the unique reports of Dr. A. Vogl, who is the chief of the garrison hospital at Munich. He has collected from the records of that hospital all the cases of typhoid fever treated in it for forty-seven years, giving details of treatment, autopsy findings, and other valuable data in 8,325 cases. The gross results are noted in the table given above. But the most important deduction may be drawn from the fact that since 1875 two methods of treatment were pursued at the different stations of this hospital. In Station I. the combined method, consisting of baths at the temperature of the room, with three or four grams of quinine daily, and sodium salicylate was practiced; in Station II. the methodical Brand bath of 60° to 65° F., for fifteen minutes whenever the temperature reached 100° F., no medicine being used. The barracks in which this treatment was executed are so well ventilated, as I have observed from personal inspection, that their temperature in winter averages about 45°. The long room is heated by iron stoves, is open

near the roof, and is so well supplied with windows that it resembles a florist's hot house. Two tubs, of ordinary zinc, stand at its upper end, under the funnel, and to these the patients are carried. Such management seems heroic indeed, but the results are astounding:

Results.	Combined Treatment.	Strict Baths.
Number of cases.....	667	731
Mortality.....	7.6 per cent.	2.7 per cent.
Average stay in hospital.....	49.7 days	41.3 days
Average duration of fever.....	1.9 week.	1.8 week.
Percentage of complications.....	82	65.2
Average number of diarrhoeas a day and person.	1.9	0.7

The reports of Vogt are altogether a most remarkable therapeutic statement, because they offer unimpeachable testimony to the effect upon the same type of patients (soldiers of about the same average age and condition of previous health) under depleting, expectant, and water treatment, and also striking evidence on the difference between a combined water and medicinal (antipyretic) method and the systematic Brand (antifebrile) method, and a modified Brand method with colder water. The numbers are sufficiently large to entitle them to respect, and the long period of time during which these observations have been made by various independently acting medical officers must exclude all possible errors resulting either from personal bias or variations in the type of the disease. These statistics are therefore the most unimpeachable existing in medical history.

*Effect on Nutrition.*—Vogt has confirmed the important fact, first brought out prominently by Brand, that the capacity for enjoying and digesting semisolid food is greatly enhanced by the cold-bath treatment. Drs. George Peabody and Austin Flint have made the same observation in Bellevue Hospital. The former even allows solid food in the third week of the fever, and the latter has informed me that the appetites of his patients are difficult to appease after using the bath treatment. How different the condition of the stomach is under the expectant or antipyretic treatment every experienced physician knows but too well. As Brand graphically says, and I can confirm from personal observation: "While under the water treatment the tongue is moist, pale, without fur; the pharynx is free from pain; the stomach and intestines are free from catarrh, the latter showing only swollen glands, we find under other treatment the tongue hard, brown, and dry; saliva absent; swallowing painful; stomach and bowels utterly incapable of digesting, their mucous lining covered with ulcers; the bowels distended;—and in this condition the school demands that the patient be



well nourished. What a singular demand! The digestive organs are in so nearly a normal state under the bath treatment that I often ask myself the question if it may not be safe to give more solid food, in order to appease the hunger. I find in *Vierteljahrsschrift*, 1889, pages 95 and 303, an essay by Hüsslin, who demonstrates that even in fever and diarrhoea, so long as these do not reach a very high temperature, as is usual in typhoid fever, the nutriment is almost completely taken up; that there is, therefore, no reason for giving fever patients less food because it is not digested and absorbed. He regards it as necessary to offer typhoid patients the largest possible quantity of concentrated food, as milk, meat, eggs, flour preparations, etc., all, however, in minced or liquidated form."

Tripiér and Boqueret give bouillon, extract of beef, coffee and tea with milk, one-half pint after each bath. During the time of relative apyrexia they allow rolls, rice, cream, tapioca, chocolate, four soft eggs daily, etc. As soon as the temperature is nearly normal, they allow roast chicken, brood and milk, lean meat, rice, baked brain, white lean meat, a little boiled beef, finely ground, etc. Vogl gives from the first day coffee, meat broth with a little flour and eggs, milk, one bottle of red wine daily; later, bouillon and eggs, so that patients receive daily fifty grams albumin, forty-five grams of fat, and two hundred grams of carbohydrates, a food quantum that could not be permitted to patients who are not bathed. Brand says the most important element of nutrition, besides the food, is a good stomach, and that this may be obtained by the systematic bath treatment.

In an able essay by Dr. J. H. Musser on the indications for the use of alcoholic stimulants in typhoid fever,\* the following well-founded statement is made:—"Now it is well known that the modern methods of treatment—namely, the use of water, internally and externally—lessen or mitigate the effects of the toxæmia, and secondarily the exhaustion, to a far greater degree than any form of treatment thus far employed. Any hospital steward will tell us that less money is spent for alcohol since the introduction of the 'Brand method' than before it was employed. All physicians recognize that the necessity for the use of stimulants arises less frequently than formerly." This testimony from an experienced clinician and teacher confirms the observations of the author, who has recently treated a number of cases in private practice without any stimulant. If the Brand bath possessed no other merit, this evidence of its sustaining influence upon the heart would entitle it to earnest advocacy.

The bedside observations of the strict bath advocates are so rich in demonstrations of its beneficial effect upon all the functions which con-

\* *Therapeutic Gazette*, April 15th, 1900.



tribute to the maintenance of strength and endurance during fever that I would fain cite them, *dol space permet*.

I have endeavored to show as briefly as possible the reasons the results are more favorable under the cold-bath treatment first suggested by Brand in 1861. The latter is thus demonstrated to be the ideal treatment for typhoid fever, and whenever a departure is made from it Jürgensen's opinion, given at the congress in London, is sustained. He said that "whenever he attempted to deviate from the rigorous cold-water treatment, he was compelled to return to it, in order to obtain the best results."

*Personal Experience of Physicians.*—Dr. W. G. Thompson confirms the testimony of Ziemssen and Vogl, derived from personal experience, of the beneficial effect of cold baths upon themselves when they had suffered from typhoid fever. Vogl and Thompson say that they should not be deterred by the protests of the patient from rigorously executing the plan of three-hourly bathing so long as the temperature is  $103^{\circ}$  in the rectum, or when the sensorium is deeply depressed even with a lower temperature. "Even sleep should not prevent resort to the thermometer and bath, if temperature and pulse urgently demand it."

*Aim of the Cold Bath.*—The object of this treatment, it must be finally understood, is not to subdue the temperature, but to refresh and energize the vital organs, and thus insure a vigorous resistance to the toxic influences arising from the infective processes. This is the great aim to be kept steadily before us; it is clear and evident from the rationale of its action. The latter has been entered into with some detail (pages 174-187) in order to carry conviction to those minds which are prejudiced sufficiently not to be satisfied with the empirical demonstration afforded above. The searcher after truth justly demands a reasonable explanation of the action of a therapeutic agent before admitting the latter to his confidence when the issues are so vital.

#### OBJECTIONS URGED AGAINST THE BRAND METHOD.

Many objections to the strict execution of Brand's method have been urged. Some of these are too puerile to require notice; others are so absurd and unphysiological that their inconsistency with the known principles of heat regulation needs but to be pointed out.

Objection I. This is an example of the *ad captandam* objections sometimes found in our literature: The editor of a popular medical journal, who does not believe in cold bathing in typhoid fever, therein agreeing with many other physicians, does not hesitate to give expres-

skin to his disbelief as follows: "If the fact that a typhoid patient is too hot is sufficient cause for soaking him in cold water, why shall we not also relieve a starving man by a liberal allowance of food, and revive a man dying of thirst by unlimited amount of water internally? 'Look at the increased renal elimination,' triumphantly shouts the immersionist, who uses the bath not to reduce temperature, but to improve phagocytosis and nutrition. He overlooks the fact that this treatment checks perspiration, drives the blood from the skin to the already congested and poisoned viscera, and leaves only the choice between distress, diarrhea, and death. The immersionists plunge almost every case of typhoid that comes into their wards, including anemic girls, flabby women, debilitated men, for whom cold bathing should be prescribed with the greatest caution (not more than twice daily), if they sought advice for the general conditions of weakness uncomplicated by typhoid."

The well-informed physician need not be reminded that patients are not soaked in cold water because they are too hot; that the increased renal elimination is not due to "driving the blood from the skin to the already congested and poisoned viscera;" that the effect of the Brand bath is really to congest the skin, as shown by the redness produced, and thus to unload the congested viscera; that the kidneys are stimulated to increased "elimination of poisons" through improved cardiac action. Whoever has bathed "anemic girls" and "flabby women" for typhoid knows that most of them react well under properly administered baths, and that their power of resistance is enhanced by them, if carefully adapted.

Objection II. Being educated to regard the expectant plan of treatment as the best, many physicians are loath to abandon the policy of expectancy, whose aim it is to allow the fever to pursue its own course. The annoyance involved in the bath is not in accordance with the expectant plan, whose object it is to avoid all disturbance of the patient for remedial purposes. Others reserve the bath for severe cases. As long as we had only an inefficient, if not injurious, medicinal treatment, it was wise to avoid disturbing sleep. But in a severe case of typhoid fever it is as important to disturb sleep, *if done to sleep*, as it is in opium poisoning when stupor supervenes. Indeed, the treatment is somewhat analogous, inasmuch as the object is chiefly to arouse the nerve-centres and keep them aroused (though not continuously, as in the latter) until the intoxication has passed away. The most experienced clinician is unable to predict in the initial stage of typhoid fever the probable intensity of its course. It is therefore incumbent upon the practitioner to initiate the friction bath early, because reliable reports have proven its value as a prophylactic, which

renders the course of the disease mild by preventing the serious and often fatal complications.

**Objection III.** The apparently heroic character of the Brand method may intimidate physicians into the preference of antipyretics in a guarded form. The idea that the reduction of temperature is the leading object of the cold bath, and the much greater facility of accomplishing this object by antipyrin and antifebrin, may deter many from adopting the former. The fallacy of this course has been demonstrated; it is happily not so prevalent at the present time as formerly.

Timid persons may be alarmed by the patient's pallor, small pulse, and complaints of chilliness while in the cold bath. But, if it is properly administered, with chafing of the body and limbs, these effects will be counteracted to some extent. Reaction after removal will soon reassure the attendant, and embolden him to order regular repetition.

**Objection IV.** A careless application of the bath, or the substitution of some other method—packing, sponging, sprinkling, etc.—will fail and cause discouragement. These are not cold bathing. They are useful, however, when the strict method is impossible.

The only modification of the general cold bath advised by Brand when the temperature reaches 103° is the stimulating affusion in cases threatening heart failure and delirium. This is a warm half-bath, with affusions of 50° to 60° over the head, chest, and back. (One important point is that the tub should always be brought to the bedside to avoid unnecessary disturbance of the patient.)

**Objection V.** Limited experience. A small experience, personal or from hearsay, which may have been unfavorable in one, two, or several cases, will deter some from adopting the energetic cold bathing. The average experience with cold bathing in England, where it has not found much favor, has been too small to afford a proper estimate of its value. Dr. Bristowe, of St. Thomas' Hospital, may be cited as an example. He says: "My personal experience in this treatment is not extensive, and for some years I have rarely, if ever, resorted to it. I have undoubtedly seen patients apparently benefited and making a good recovery, but I have never felt satisfied that the benefit was real."

During a visit to one of the largest London hospitals in 1896, the visiting physician astonished the writer by replying to the question what he thought of the cold-bath treatment of typhoid fever, that he regarded it as too heroic and preferred the expectant plan.

Our English confrères had evidently not grasped Brand's idea at that time, else their large material would have surely enabled them to see practical demonstrations of its enormous superiority over the expectant plan. The latter is correctly named, because the physician



pursuing it is constantly expecting some complications, with which he finds himself but too often impotent to cope.

Dr. Austin Flint published, in 1882, a lecture which exercised a potent influence in this country. He treated seventeen cases in Bellevue Hospital. "In a few cases the cold bath of 80° F., gradually reduced to 65°, was employed, but was discontinued on account of inconvenience." His conclusion was that the antipyretic treatment neither increased nor diminished the mortality, which was four out of the seventeen cases. His son, who was the first physician in this country to follow me in adopting the strict Brand method, after obtaining my personal suggestions on the proper method of the strict Brand bath, pursued it with success in the same wards in which his great father abandoned it.

If we compare these meagre statistics with those offered by Brand and the recent American and Australian figures, their utter insignificance for purposes of deduction becomes apparent.

The true clinical value of the cold-bath treatment is now dwelt upon in many text-books. Strumpell, who has a large experience, says, with his usual fairness: "There is at present no other single method of treating typhoid fever which has so numerous and evident advantages for the patient. We regard it as a duty of every physician who undertakes to treat a severe case of typhoid fever to try his best to have the bath employed."

Objection VI. The difficulty, if not impossibility, of treating patients before the fifth day. Indeed, this can be done, it is claimed, only in military hospitals or in epidemics, when every suspicious case may be subjected to the bath. It has been objected that "this is a very delicate adjustment of treatment when a patient is saved or doomed, according as it is inaugurated on the fourth or fifth day." This is an error. While one day's delay may be of little consequence, a delay of several days may be of serious import. This condition applies with equal force to much of our therapeutic endeavor. *Principia obsta* is the first principle of rational therapeutics. Disease may properly be likened to a conflagration: the ease of its subduing is in proportion to the stage at which it is attacked. In the severe types of malarial fever which I have seen in the South, for instance, one day's—yes, even one hour's—delay may save the patient's life; its delay may doom him to death or to long-continued invalidism. Brand has demonstrated as clearly as anything can be demonstrated by clinical data, not from his own practice only, but from that of others also, that out of twelve hundred cases treated before the fifth day not one was fatal.

The uncertainty of diagnosis here steps in to mar possible success. Before the appearance of the spots, we cannot pronounce definitely

whether we have a case of typhoid fever, acute tuberculosis, gastric fever, pneumonia, acute nephritis, or one of the exanthemata. We have the satisfaction of realizing, however, that in the large proportion of cases these diseases may readily be excluded. *But we may easily escape from the dilemma entirely if we adopt the rule to subject every case of fever whose temperature persistently marks above 103° for several hours to ten minutes friction baths in a mild form, reducing their temperature from 90°, at every bath five degrees, until 70° have been reached.* Experience has taught me that no harm will come from such a course, while much may be gained by thus early inaugurating the battle against the toxic manifestations.

Moreover, these baths may aid us in reaching a diagnosis. In my hospital service I have directed the house staff to bathe at once, and I have by this means been enabled to exclude pneumonia, acute tuberculosis, osteomyelitis, and ordinary remittents. If the case proved not to be typhoid, no harm was done. *The more nearly we approach the high standard of strict bathing, the more nearly may we approach the low mortality.* The earlier the baths are resorted to, the more strictly they are used in accordance with the directions regarding their temperature and frequency, the more completely will the toxic processes be controlled and the mortality be reduced.

In private practice the early preparatory bath is useful in allaying the anxiety of the physician, who is daily importuned for a diagnosis.

Objection VII. Should every case of typhoid fever reaching a rectal temperature of 103° be subjected to the bath? One of my correspondents asks: "If a patient has a temperature of 104° for an hour or two every evening, but moderate fever for the rest of the time, and without 'Funktionsstörung,' should you then think it necessary to insist upon the bath?" This is a question that will frequently arise in the mind of the practitioner, who would fain shrink from the trouble, annoyance, and possible criticism of the bath procedures so long as the case presents a mild aspect. It will not be difficult for the attendant to order and insist upon the cold bath, if the patient has a temperature of 103°, with delirium, stupor, etc.; but when he appears to be comfortable, with a temperature ranging between 102° and 103° or 104°, it does seem so glaring a violation of the long-established expectant treatment to disturb his comfort by a cold bath that few men will have the tenacity to advise it.

It is a wise practice to bathe under these conditions. The experienced practitioner knows but too well how sadly his prognosis, derived from an early mild course, sometimes fails to be verified, when, in the beginning of the third week, the first sound of the heart begins to fail, the pulse becomes rapid, the lung becomes hypostatic, hemorrhage and perforation ensue, and death closes the scene.



A death from typhoid in the first week from excessive temperature or from failure of the nervous system is rarely observed; the chief danger lies in the infective process, which undermines the system slowly but surely. To meet this danger, the cold bath is our shield and ever-ready weapon. In mild cases, the rise of temperature and pulse is readily controlled by it, the resisting power of the disease being feeble. Hence the temperature rises only at long intervals to 103° F., but, whenever it does so rise, the rule should be inexorable; the bath must be administered. Clinical experience demands it, and if we would receive its benefits we must obey the behest.

Objection VIII. Difficulty of executing the Brand method in private practice. Despite the reiterated statements of Brand, Söhler, Tripier and Bouveret, and of the author, this objection is again and again urged in our medical societies. Brand has told us how a poor printer's apprentice boy was carried through a case of typhoid by his sister and brother, ten and thirteen years old, under his personal supervision. Carl Söhler has graphically described\* how, in a practice among artisans and laboring people, he has carried over one hundred cases of typhoid fever to a successful issue, some of them resorting over ninety baths from relatives and friends.

"In the case of a widow with a string of children from two years upward there was no money for a nurse, and a married sister who acted as nurse was very timid. Söhler sent one of his nurses to the house, and after six baths had been given the necessary fortitude and skill for patient and sister were obtained, and everything went ahead smoothly and much to the satisfaction of all concerned."

This picture from life may prove instructive and incite emulation. Even in rural districts the bath method may be carried out with fair success. When practising medicine in Camden, South Carolina, in the seventies the author was in the habit of sending a wooden tub lined with tin to the farmhouses in which typhoid fever prevailed. It was his practice to visit these cases in the evening, the distance being sometimes ten miles, and remaining over night, in order to instruct in and watch the treatment.

From distant Australia we have an example of what may be accomplished by energy, perseverance, and faith. Marra reports in the *Melbourne Medicalische Wochenschrift*, Nos. 47 and 48, 1895, one hundred and seventy-three cases of typhoid fever treated by the strict Brand bath in a sparsely settled rural district under the most adverse conditions. The mortality was only 5.4. Such a result must serve as a rebuke to the city doctor who has nurses, consultants, and often the comforts and agencies of modern life at his disposal.

I have not infrequently encountered serious opposition from mem-

\* Journal of the American Medical Association, July 23d, 1898.



bers of the family. My method of overcoming this is very simple. The family is informed that a large proportion of typhoid-fever cases recover under the usual treatment, and that such a result may be anticipated with probability in the case; but that under the cold-bath treatment, *advised early, recovery is certain*. Thus the choice is left to the head of the family, who usually elects to place the responsibility on the physician.

Dr. Barker,\* of St. Louis "has not found the consent of the family so difficult to obtain as some would have us suppose. To overcome this prejudice, he sends some missionary literature or sends the friends of the patient to some family in which the bath has been successfully used. After a few baths no argument is needed. He begins with a temperature of 99°, to secure confidence, and gradually lowers it."

Dr. A. B. Hall, of this city, declines to treat the case if he is not permitted to bathe.

The nurse who has watched and cared for a case of typhoid with delirium, stupor, involuntary defecation, and urination will gladly accept the toil and worry of the bath treatment as less trying. The relative or friend who has been alarmed by these manifestations will joyfully recognize the different aspect of the case under the cold-bath treatment. Such individuals will not require to be stimulated to the energetic execution of the baths; they will become ardent advocates. Thus prejudice will be dissipated.

Objection IX. Shock. One of the most frequently urged objections to the cold bath is the "shock" this "heroic" procedure may inflict upon the heart. The fallacy of this idea cannot be more logically met than with the hundreds of case records in the New York, Presbyterian, Manhattan General, and other hospitals of this city.

When suggesting the cold bath in consultation I am not infrequently met by objection on account of the patient's feeble pulse. The following table (page 238) giving the summary of a case of typhoid shows that without stimulants, which could not be retained, a heart beating 130 to 140, with a temperature of 104° to 105.6° F., was kept in good condition, being reduced to 116 or 120 by baths of 76° for twenty minutes with friction. Such records are the best reply to the objection that cold baths are contraindicated in heart feebleness. This patient became cyanotic whenever the bath temperature was below 76° F., and yet she had practically no stimulants, because she vomited them.

As germane to this point it may be of interest to quote from a brief report in the *Medical Record*, November 7th, 1896, of a discussion on the subject, the following: "Dr. Simon Baruch upheld the Brand treatment and pointed to the charts shown by Dr. Thompson as proof that the bath was the best heart tonic. The temperature fell and the

\* *Therapeutic Gazette*, 1894.

heart's action always became slower and stronger. Further, the bath was eliminative, for the urinary secretion was increased and with it the poisons in the circulation. The *great tongue* was slack, and reaction was wanted for its stimulating effect. Dr. Thompson confirmed the statements made by Dr. Bernick in response to Dr. Bailey's assertion that the bath was not eliminative and was weakening to the heart."

Objection X. Danger of colds and lung troubles. The possibility of these being induced by the cold bath is still a superstition in the lay mind which, unhappily, has not yet been entirely removed from the

Twenty-Four Hours' Record of Case of Mrs. G.— April 21

Date.	Highest Temperature.	Lowest Temperature.	Highest Pulse.	Aerob. Record.									
				Lowest Pulse.	Quantity of Oxygen Consumed.	Water Consumed.	Sleep.	Hours.	Stools.	Urine (mostly but with mucus)	Stools.	Degrees.	Duration of Bath.
January 25th	102	99	99	99	0	0	0	0	0	0	0	0	0
January 26th	100.4	99.1	101	101	0	0	0	0	0	0	0	0	0
January 26th	102.1	100	100	100	15	5	4	4	10	10	0	0	20
January 26th	103	100	122	109	10	0	4	4	7	7	0	0	0
January 27th	105	100	120	109	10	0	5	4	7	7	0	0	10
January 28th	104.6	100	120	114	17	0	5	5	4	4	0	0	12
January 28th	104.8	102	140	116	27	23	5	4	8	8	0	0	20
January 29th	104.7	103	140	120	28	24	5	3	17	18	0	0	20
January 31st	104	102	128	114	34	27	8	4	8	8	0	0	20
February 1st	103.8	102	120	120	40	34	10	3	12	12	0	0	20
February 2d	104	102	121	110	40	23	8	4	18	18	0	0	20
February 3d	103	102	124	110	44	23	7	5	7	7	0	0	20
February 4th	103	101	122	114	47	22	7	9	6	6	0	0	20
February 5th	102	101	122	108	48	23	5	5	12	12	0	0	20
February 6th	102	101	118	108	56	24	8	0	20	20	0	0	20
February 7th	103	101	114	106	59	4	4	2	14	14	0	0	20
February 8th	101	101	106	104	60	4	7	2	19	19	0	0	20
February 9th	101	100	106	94	48	0	8	2	16	16	0	0	20
February 10th	101	99	100	94	48	18	7	3	20	20	0	0	20
February 11th	100.6	99	106	94	55	16	5	0	19	19	0	0	20
February 12th	100.8	98	94	88	45	11	9	4	12	12	0	0	20

medical mind. This objection has also been abundantly answered by clinical demonstrations. I have never seen more "cold-threatening" conditions than exist in the military hospital of Vogl, in Munich. If a combination of cold air and very cold baths do not produce bronchitis, pneumonia, and pleurisy in typhoid fever, the bath alone may be regarded as free from such accusation. "The fear of cold from the baths or cold air in typhoid fever is unfounded," says Vogl.

On the contrary, so far from producing lung complications, the numerous cases detailed *in extenso* by Brand, Vogl, Tripiér and Bouveret, and others go to prove that we have in the cold bath the



most effective treatment against pulmonary complications, when they occur during typhoid fever; only when these occur in far-advanced stages of the fever, with great adynamia, the cold bath should be exchanged for that of a milder temperature and more brief duration.

Objection XI. The exacting technique of the Brand method demands the subjection of the physician's judgment to a routine rule. The question has been asked: "Is the rule to bathe every three hours in winter, at 65° F., whenever the temperature reaches 103° F., absolute, and not to be modified to adapt it to each case?"

I should rarely deviate from the rule, except in the beginning, when the patient's peculiarities may be noted; because *this rule has been established by deduction from large clinical material*, carefully gathered by numerous observers in different localities, in private, hospital, and military practice. Until the physician has, by his own observations, discovered a more effective mode of treatment, he would do well to follow Brand's rule. Prejudice against this method should not weigh against the accumulated observations of reliable practitioners. This would be only fair to the patient. It must always be borne in mind, too, that the object of the bath is prophylactic; its aim is not a mere reduction of temperature, but a suppression of the violence of the febrile movement until it has spent its force. Whoever expects to throttle the fever by the bath will surely be disappointed, for its course is as steady and inexorable as is any law of nature. The temperature will almost invariably fall one or two degrees after each bath, only, however, to rise again to within a fraction of its former rate when three-hourly examination is made. But from day to day there will be a gradual yet steady diminution of the average temperature, which indicates that the resisting-power of the system is gaining sway over the disease. This is the usual effect of the systematic cold bath, administered without fear and without favor, but it is not to be expected from modifications of the Brand bath. Whenever we attempt to substitute another form of hydropathic procedure, to raise the temperature of the bath water, to shorten the duration of the bath, or otherwise to change the rule, we must expect a change in the result.\* If the case comes under treatment late, the resisting-power of the disease will be greater; hence the result of the bath will deviate from that here depicted. The type of severity of the disease, too, may also modify the bath.

Care should be taken that the opposite error of reducing the bath temperature below the Brand rule be not committed. This may be illustrated by a recent report† of Vogl, describing an epidemic in 1893.

\* "The closer the method has been followed, the better the reports seem to be.—(Editorial, Medical Record, May 7, 1899).

† *Münchener medicinische Wochenschrift*, No. 49, 1893.



Although this treatment is claimed as a strict (?) Brand method, the results were not so favorable as in previous reports, for the following reasons, which, in my opinion, offer some valuable lessons. He writes:

"The number of cases admitted to the garrison hospital was four hundred and twenty-six; the number of deaths thirty-six—8.4 per cent mortality. An epidemic of influenza had preceded the typhoid epidemic and was still prevailing to such an extent that most of the soldiers suffered from a combination of these toxic agencies. As a result there existed a tendency to hemorrhage which, in its extent, was unusual, and an involvement of the central nervous system which was more pronounced than had been observed in any previous epidemic. A toxic affection of the cardiac ganglia which produced great slowing and asthenia of the pulse seemed to be prevalent. All these seemed to diminish the resisting-capacity of the patients in this epidemic, and doubtless account for its fatality despite the adoption of the Brand (?) method, which consisted of the regular administration of baths at 12 E. (59° F.) for fifteen minutes every three hours whenever the patient's temperature reached 102° F. in the rectum, accompanied by a daily bottle of red wine, strong black tea with cognac after each bath, soft-boiled eggs, flour-and-egg soup, one and one-half to two and one-half quarts of milk. Ten thousand baths were administered during this epidemic."

Although Dr. Vogl is satisfied with the mortality of 8.4 per cent, because of the serious type of this epidemic, this result compares unfavorably with his previous results, which never exceeded 5.2 per cent in any one year and averaged 2.7 per cent. Vogl finds the explanation of this unwonted fatality (which is much less than is usual under non-hydriatric management) in the coexistence of influenza, which in the initial stages even produced great irregularity of the pulse, etc., and other manifestations of cardiac incompetency, which render the treatment by bathing ever a serious problem. Nevertheless, the bath treatment furnished evidence of the invigorating effects of the baths, inasmuch as their cessation was always followed by failure of cardiac action and nerve tone, and their resumption by improvement, during the long existence (five or six weeks) of the infective process.

In view of the great ability of Vogl and his valued labors in this field, I would prefer to pass this remarkable report without criticism, but, from my standpoint, the bath given in these cases was not strictly according to Brand. A bath of 59° F., six degrees below the minimum temperature advised by Brand, probably demanded a greater response on the part of the weakened heart than it was capable of rendering without damage. Be it understood that this is no contradiction of the position assumed by Brand, and so often confirmed by Dr. Vogl himself and the author, that the cold bath is the best heart

tonic in typhoid fever. The reader should bear in mind that this tonic effect is prophylactic rather than direct, and that, as has been emphasized (page 220), in advanced stages of cases which have not had the benefit of early bathing the baths are not so efficient, and the temperature should be chosen with great care. The patients here reported, began with hearts already enfeebled by toxæmia from influenza, a condition almost analogous to that existing in the third week of typhoid. The innervation of the heart was unequal to respond to the demand made upon it by very cold baths. I believe that this is one reason why the latter were not so efficient in converting the severe type into a milder form, as may be done by the strict Brand baths, and I offer it as illustrative of the warning that whenever we deviate from the exact technique of Brand our results will also deviate from those of Brand.\*

Objection XII. Sentiment. This objection may be found not only among lay people but also among some physicians. The *Medical Record*, of November 18th, 1895, contains a specimen of the latter, which perhaps represents the sentimental side of the question. This author's horror of the bath treatment is really affecting. He says: "At present, bathing, according to the method of Brand, is enjoying an enviable popularity as a method of reducing temperature and preventing complications."

"Much testimony to the efficacy has been presented, but rarely has any one taken the pains to describe in print the piteous and ineffectual appeals to be spared the distress of further Brand baths, of patients who, in spite of a continuance of the baths, died. Such cases never occupy a conspicuous place in scientific reports of the modern antipyretic treatment. The pathetic side of the story never appears in statistics."

Such an "argument," offered in lieu of statistics or clinical data, scarce requires refutation. But as such innuendos may serve to intimidate some practitioners in whose hearts "the milk of human kindness" abounds, I propose to analyze its merits.

Dr. J. C. Wilson,† Professor of Practice in the Jefferson Medical College, says: "As a rule the patients did not object to the baths; when they did so, the objections ceased after a few baths had been administered."

Dr. W. Gilman Thompson describes his personal experience, hav-

\* In a case in which the author was consulted in Chicago, he was alarmed one night by a telephonic message that the patient had fallen into collapse after a bath. Inquiry elicited the fact that the temperature of the last bath had been 60° F. The patient recovered. Errors are usually committed by those who, having been opposed to the Brand method, have been converted by observation of its results.

† *Medical News*, December 6th, 1890.



ing been treated by cold baths for an attack of typhoid: "It is not agreeable, at any time, to be taken out of a warm bed and suddenly immersed in cold water, but the after-effect was so soothing and the favorable influence upon all the symptoms was so pronounced that the temporary discomfort was easily endured."

The pathetic side of the story has evidently not been experienced by these careful observers.

The same writer claims that the Brand bath will "never be generally adopted in rural districts and in private practice in cities." I am satisfied that the intelligence of the community will force even reluctant and sentimental physicians everywhere to save the lives of their dear ones, as soon as they become well informed on this subject. Already the lay journals have taken up this subject, and they will continue to probe it. In our large cities the best teachers of medicine are converts who a few years ago were sceptics. When men like Delafield, Draper, and Peabody, teach it in one school, and Loomis and Gilman Thompson in another, and when it is daily practised with brilliant results in the New York, Roosevelt, Presbyterian, St. Luke, Manhattan, and Austin Flint's and Peabody's services in Bellevue Hospital, the bright young men being educated at these schools and hospitals will not allow sentiment or irrational therapy to guide them. There is need of more positivism in medicine. Between two positive methods like the Brand method and chemical antipyretics, it did not require much time to decide. Intelligent physicians are abandoning the latter, and many who have the courage of their convictions are adopting the former even in private practice. Dr. A. B. Ball informs me that he has encountered no serious objection in private practice, although his situation is the both of a change of attendants. I have treated the wife of a physician who had witnessed similar treatment of another patient in his household; I have thus treated a case in a fashionable summer hotel without trouble; I have treated three members of the same family by baths in three successive years; and I have seen the same tub used by four different families, each obtaining it from the other at my suggestion. "Pithecus appeals" did not deter even these lay people from again permitting the use of the bath. Sentiment and pathos must yield to logic and common sense, in medicine.

At the meeting of the British Medical Association in 1896, much opposition to the cold bath in typhoid fever was manifested on sentimental grounds, which were met by Dr. Osler, who stated that were the treatment even more heroic and unpleasant he would not hesitate to adopt it, *because it saves lives* that would otherwise be sacrificed. This testimony from a man who said three years previously\* that "the

\* Johns Hopkins Hospital Reports.



results of the treatment have been so excellent as almost to compel its use in hospital practice, but the difficulties attending it are such as to render its use in private practice scarcely feasible," is more convincing, because it is an evidence not only of this clinician's well-known fairness, but of the effect of increased experience in the method.

**Objection XIII. Complications.** It has been asserted that the cold bath increases the tendency to intestinal hemorrhages by driving the blood from the periphery to the embolized intestinal vessels. Tripier and Bouveret met only four cases of hemorrhage among two hundred and thirty-three patients treated by the cold bath; of these two were fatal, and none of the deaths showed any connection with the bath. They conclude that their own experience proves that *intestinal hemorrhages are less frequent under hygienic management*. Brand, who has studied every phase of this subject with an eye singly to the elucidation of the truth, has sifted the histories of hundreds of cases for this purpose. He has gathered 4,995 cases of typhoid fever, in which 155 hemorrhages were noted, 35 patients dying from the latter. Hence the frequency is 3.1 per cent, and the mortality 0.6 per cent. On the other hand, among 4,890 cases not treated by water, he discovered hemorrhages 271 times—5.6 per cent. Guldhammer, who is not so warm an enthusiast on the efficacy of strict cold baths as Brand, furnishes larger statistics (nearly 20,000 cases), from which he concludes that the cold bath has no influence in producing intestinal hemorrhages. Vogt noted among 251 cases treated by the strict cold bath only 2 cases of bloody stools. In a recent series of cases the author saw one case of hemorrhage in the hospital, during the Brand treatment, and one in private practice, in which the friction bath was not used because the patient never reached 103° in recto. The former died from perforation (having been admitted ten days after inception), therefore too late to obtain the prophylactic effect; the latter recovered.

All evidence, therefore, tends to prove that, so far from being influential in the production of hemorrhage, the cold bath actually renders it less rare and more mild and tractable, if resorted to very early in the disease, and the reason is not far to seek.

"That the alteration in Peyer's glands will not go beyond the stage of infiltration, if treatment is instituted before 'the fateful fifth day,' is another prediction that raises dubious questionings," says a writer in the *Medical Record*. I reiterate the reply made to this doubting Thomas, because it is a doubt which is but the legitimate offspring of the experience with the expectant treatment hitherto in vogue. Fortunately for the patients, but unfortunately for our pathological enlightenment, the opportunities for autopsy are exceedingly rare in cases treated by the strict cold bath. Only two cases, in which death occurred from other

cases, but which had been bathed before the fifth day, furnish evidence on this point. One case is reported in *Eyes Médicale*, No. 14, 1886, and another by Brand, in 1883. In the former, the patient dying on the twenty-first day of a typical typhoid, there was found no loss of substance, old or new, in the intestine. In the latter, also fatal on the twenty-first day, there were no ulceration, no cicatrix, no pigmented spots: only fresh infiltration. If diarrhea, necrosis, hemorrhage, and a dry, red tongue are indications of ulceration of the intestinal glands, the absence of these symptoms in the large proportion of cases treated by the strict cold bath must be accepted as logical evidence of the absence of ulceration. Vogl's testimony on this point is strikingly conclusive, and must carry conviction, because it emanates from the comparative experience of many years in the same class of patients—soldiers. He says: "The diminution of intestinal symptoms is a very evident effect of the cold bath; a few trials will convince any one of its success. Among 221 cases there was a daily average of only 9.7 per cent of diarrheal stools; while in the cases treated with a combination of baths with medicinal antipyretics the average was 1.9 per cent of diarrhea. Never was it necessary (in 251 cases with carefully written histories) to resort to opium and bismuth; meteorism, with tense abdominal walls, was observed only in cases received late; it was diminished by the baths." If inappropriate diet is capable, as we know, of aggravating the intestinal symptoms, and if proper diet is capable of preventing or ameliorating them, is it unreasonable to accept the proposition that the bath influences favorably the local process, which is but one of the manifestations of the general infection?

When intestinal hemorrhage is severe and accompanied by general symptoms, such as pallor, small pulse, cold extremities, subnormal temperature, the bath should be discontinued. A slight discoloration of the stools need not deter the attendant from continuing the baths. Brand has continued them in six cases with good effect, and I have seen no harm from them in one case. Brand distinguishes the congestive hemorrhage which occurs mostly before the fifteenth day, and which does not forbid the bath, from that occurring later and due to diseased action in the blood-vessels proper. If the hemorrhage is pronounced rest is imperative, and this alone requires abstention from the bath, and the temporary substitution of solutions given without disturbing the patient.

The bath may be resumed as soon as the hemorrhage is stayed. Indeed, this should be a rule in all cases in which the bath has been suspended for cause, for to it we may intrust the invigoration of the patient, which alone can tide him over the ever-present dangers due to the fever processes.



**Objection XIV. Relapses.** It has been charged that relapses are more frequent after the bath treatment. This is probably true, but may be explained by the fact that *more cases survive to relapse*. If sixteen more patients were saved by the Brand method than by the expectant plan, then out of each hundred there are sixteen more cases liable to relapse. Applying the usual percentage of relapses to these sixteen surviving cases, we have a ready explanation of the apparent increase of relapses after cold bathing.

**CONTRAINDICATIONS TO THE BATH.**—*Menstruation and pregnancy* are regarded by the inexperienced as contraindications to the cold bath in typhoid. That this is an error is constantly exemplified by the observation of those who bathe systematically in typhoid, and this the author can positively confirm. I have frequently bathed menstruating women, and Dr. F. H. Daniels carried a woman in the seventh month of pregnancy successfully through a case of typhoid fever with the Brand baths in the Manhattan General Hospital.

*Pleurisy* indicates the cessation of the baths, because it demands rest. If, however, the temperature be persistently high, with nervous symptoms threatening, these must be combated by the bath, even though pleurisy be present. Brand has never observed pleurisy in his 335 cases; Bolet, in 1,695 cases, only four; Mollière, only one in 234 cases. According to Becke, the mortality from this complication, which is rare in the cases treated by the bath, is only 0.2 per cent in 5,975; while in 1,429 cases treated medically it was 1.4 per cent. I have had one death from it in the Manhattan General Hospital. (Bath was begun too late.)

*Severe cough and paroxysms of dyspnea* are not rare, when patients feel the first shock of the bath; but these symptoms soon subside. Tripier and Bourveret mention five cases in which it persisted so as to require cessation of the baths. In some cases the oppression of breathing is voluntary; the patient either imagines it, or he simulates it in order to alarm the attendant and prevent a continuation of the bath. By reassuring such patients their apprehension may be overcome. If cyanosis and syncope occur, the bath must be discontinued, but in severe cases this should not deter us from renewing it. The graduated bath, or the wet pack, sometimes helps these cases. The cough produced by the shock from the cold water is advantageous, as it relieves the bronchial tubes of mucus and stimulates pulmonary circulation.

*Syncope and fainting* have been charged as causes of death due to cold bathing. A large experience readily disposes of this bugbear. Death from sudden heart-failure is not an unusual occurrence in typhoid fever; the cold bath is, as I have shown, the best weapon against it.



Körner has shown that of eight hundred and seventy-four cases of typhoid treated by cold baths only ten were fatal immediately after the bath, and these were very desperate cases. "What may be especially dwelt upon is the fact," says Vogl, "that in thousands of baths not a single time was collapse to be observed, either before, during, or after the bath."

In my own experience also not a single case of collapse has been observed.

*Perforation and peritonitis* contraindicate cold baths, because the latter involve disturbance of rest, which is very important.

Not only has the claim that these serious complications are sometimes due to the bathing been refuted by abundant and convincing statistics, with case histories, but the fact has been established that they have been reduced in frequency. Marchison's statistics of 1,271 cases give 136 cases of perforation (11.38 per cent). Brand's 4,884 cases give 12 perforations (0.24 per cent).

*Nephritis*.—A paper on "Urea Estimation in Typhoid Fever," by Dr. James Tyson,\* refers to a patient with typhoid fever who had albuminuria and hyaline casts three days after admission. He gave milk and other liquid diet. The patient was bled five times in one day and the secretion of urine and urea was increased thus:

Day of Disease.	Urine.	Urea.
25th .....	2,100 c.c.	39.8 per cent.
26th .....	2,100 "	24.7 "
26th .....	2,380 "	32 "

The albumin fell to one-twelfth per cent by bulk and finally disappeared, as did the casts. Cough grew less. There were no tubercle bacilli. An otitis media developed in both ears, but there was no defect in the hearing. The nephritis was mild.

Stagnation of blood in the kidney is dangerous; therefore the *Brand method* is not contraindicated in this passing nephritis. Of sixty-nine soldiers treated by Vogl five had nephritis and all recovered, and of sixty-nine others not treated by baths by the Brand method nine had nephritis and five died. My observation is entirely in accord with that of Tyson and Vogl.

*Free perspiration* does not contraindicate the bath. The patient should be dried with friction before being placed into it.

*Rheumata* (if large) forbid the bath, because disturbance of the patient interferes with a strict antiseptic treatment. General ablations and cold compression should be substituted.

\* Medical Record, 1896.

*Erysipelas* does not present a reason for discontinuing baths, so long as there is no extensive destruction of tissue accompanying it.

*Pain*.—Severe aching of the leg muscles is often complained of so much that the bath is not repeated by timid practitioners. This is a mistake. Good friction will prevent this cramp. Sometimes wrapping the leg in a thick flannel band, wringing out of hot water before the bath, prevents cramps.

*Late cases*, viz., cases coming under treatment after the second or third week, do not forbid the bath. When the nervous system has been sustained by early bathing, the patient not only bears cold baths with impunity in the later stages, but improves constantly under their invigorating effect. If the case comes under observation in the middle or last period of typhoid fever, the baths demand a more cautious and brief application and higher temperatures. The effect of such baths will not be so striking, and the prognosis cannot be expressed as being so favorable. Hospital histories demonstrate that many desperate cases, which under medicinal or expectant treatment were lost, now recover under judicious hydropathic treatment. The condition of the heart is the chief index to the bath, or rather to the kind of bath. To react from a bath of 65° F., a certain integrity of the central nervous system and of the heart-muscles is required. This is almost surely impaired by a long-continued febrile process which has not been moderated by cold baths, even if no actual organic degenerations have been developed. Hence the graduated bath of Ziemssen or the wet pack is more applicable, or a warm bath with cold affusions followed by friction. These may restore the lost stamina and enable us to resort to the cold bath, if the symptoms demand it.

The author has endeavored to cover every point in the discussion of this important subject and to meet every objection and possible difficulty which may occur to the inexperienced.

After the lapse of ten years, he has allowed this somewhat lengthy plea for the Brand bath to stand, because in Germany, where it originated, it has been enucleated beyond recognition since its energetic and able author, having been removed from the scene of his humane activity, is not present to defend his method against baseless and often misrepresenting attacks. When as high an authority as Chruschman inveighs against the "barbarous method of Brand, who used water at 50° F. (7)," it is not surprising that such (unwitting) misrepresentation succeeds in alarming the profession.

*Delirious Tremors*.—Letulle\* reports good results from baths of 18° C. (64.4° F.) of ten to fifteen minutes' duration every two or three hours, according to the seriousness of the case and the temperature. In one

\* *Progr. Médicale*, No. 59, 1899.

of his cases the patient could scarcely be controlled by the "strait-jacket"; the rectal temperature was 40.3° C. The bath was somewhat prolonged—to twenty-eight minutes—but the patient became cyanotic and fell into a collapse (pulse, 108; rectal temperature, 33.9° C.), and was rescued with great difficulty. In the other cases the cold bath "gave excellent results." Letulle regards it as the best treatment in delirium tremens.

Salvant\* advises the full bath in *delirium tremens* whenever the rectal temperature reaches 39° C. (102.2° F.). If the heart or arteries are defective, he applies the water at 25° C. to 28° C. (77° F. to 82.4° F.), or 18° C. (64.4° F.) when the circulation is not seriously impaired, duration five to ten minutes, every three hours. The bath should be under direction of the physician, who should never leave the pulse unobserved. Lukewarm baths suffice in mild cases presenting a temperature below 102° F., or in cases complicated with endo- or pericarditis, myocarditis, arteriosclerosis, diabetes, etc., in which the lukewarm baths give excellent results.

\* *Centralblatt f. d. gesamte Therapie*, 1903.



## CHAPTER VII.

### THE WARM FULL BATH.

A BATH prepared with water above the temperature of the skin ( $92^{\circ}$  F.) constitutes a warm bath. The term "warm" being indefinite, I have adopted this definition in order to insure precision. The terms "tepid" and "warm" and "hot" will be replaced by a statement of definite temperatures, in accordance with which alone any definite effects, physiological or therapeutic, be attained.

The warm bath demands a distinct chapter, because its technique, rationale, and therapeutics differ widely from the cold bath (below  $92^{\circ}$ ).

*Technique.*—The bathroom should have a temperature not less than  $70^{\circ}$  F. and not more than  $80^{\circ}$  F. The following articles should be ready:

1. Two linen sheets and several soft towels thoroughly heated in laundry or on a radiator or before a fire; these should be wrapped in flannel or a wool blanket and kept warm near the tub, until the bath is about to terminate.

2. The tub should be filled three-fourths with water at  $95^{\circ}$  F.

3. A pair of warm slippers are required.

4. Several bags filled with hot water.

5. Provision for increasing the bath temperature rapidly must be made before the bath. If there is not a hot-and-cold-water system in the house, large vessels containing water at  $200^{\circ}$  F. should be in readiness for this purpose.

It may be noted here that it is much more difficult to accomplish the latter than it is to maintain the temperature of a cold bath, since the warm bath is usually twenty or more degrees above the temperature of a room, while the cold bath of any decided duration is rarely over five degrees below the temperature of the room. It follows that the water of the warm bath will cool off quite rapidly during the procedure, if the above-mentioned provision be not made.

When everything is in readiness the patient bathes his face with water dipped from the tub. He now lies down and the attendant must insist on complete immersion during the entire duration of the bath; though this is a matter of great importance, it is frequently neglected. Just before completion of the bath the hot sheet is re-

moved from its heat-retaining envelope. The patient steps upon the warm rug and is quickly enveloped in the hot sheet; the feet are slipped into warm slippers and he is rapidly taken to his bed, singly wrapped in the hot sheet, without drying, and covered with blankets, the hot-water bags being moved aside but not out of the bed. In ten minutes the sheet is used for gently drying the patient and afterward removed. The feet are separately dried, as also any part of the body retaining much moisture. If sleep be prevented by too profuse diaphoresis, the patient should be dried without the sheet before he retires after the succeeding baths. It is evident that the entire aim of this technique is to retain the heat accumulated in the warm bath as long as possible after removal from it, but abundant diaphoresis must be avoided. Precision of the steps here described is therefore essential. The nurse would do well to read the latter carefully before proceeding to the bath.

**Warm Bath and Pack.**—This procedure differs from the ordinary warm-bath technique chiefly in substituting the dry pack for the bed after its completion. The water temperature should be 104° to 108° F.; the duration five to ten minutes, both being adapted to the patient's tolerance. Massage around swollen joints or over sore muscles is practised gently during the bath. Before the patient is undressed, three blankets are prepared on a cot or bed to receive him. When the bath is terminated, the hot sheet is thrown around him, he is laid upon the blankets, and singly enveloped in them successively; care is demanded that there be no loss of heat. The blankets are applied as described in the "Wet Pack"; a cold compress is placed on the head, and the nurse administers two ounces of ice water every ten minutes during the pack, the duration of which should not be less than one hour, unless the patient feels decidedly faint or the temporal artery indicates loss of tension. The patient should never be asked if he is faint. After the pack the body is rapidly dried and treated with an alcohol rub. The patient, after resting half an hour, need not fear to go at once into the open air; indeed, it is essential that he do so, if he is well protected in inclement weather.

**Rationale.**—The warm bath exerts a positive effect upon the peripheral sensory-nerve terminals, which are now regarded by physiologists as the outposts of the entire nervous system, conveying all impressions directly to the brain. Heyman and Krebs hold that the nerve terminals are rendered anæmic, and thus become blunted, and they substantiate their claim by demonstrating that this slow imbibition of water by the nerve endings and their surrounding structures reduces their sensibility, while a withdrawal of water from them restores the latter. In the lukewarm bath endosmosis

fills these structures with water, either by direct absorption or by the cessation of insensible perspiration. Kolliker also has shown that asphyxiation of the nerve terminals decidedly diminishes their irritability. A nerve which has been lying in tepid water remains for a short time somewhat irritable, but loses its sensitiveness to excitation more rapidly than a nerve exposed to the air but protected against desiccation by evaporation.

This would furnish a reasonable explanation of the calmative effect of the warm bath, which is now used so successfully in nervous diseases and insanity, in which the water is not raised above 100° F.

When higher temperatures are applied, the increased thermic stimulation overcomes the blunted sensory terminals and produces the opposite result.

The action of temperatures above that of the skin has been referred to at length in the consideration of the influence of hydropathic procedures upon the pulse, respiration, tissue change, etc. These effects are in proportion to the difference between the temperature of the skin (92° F.) and the temperature of the bath.

When the definitely ascertained changes in all the bodily functions produced by these baths is considered it becomes evident that there is no therapeutic agent that can approximate its effects upon the organism. An agent which is capable of increasing the pulse, doubling its number of beats, of elevating the internal temperature three degrees, of increasing oxygen consumption 78 per cent and CO<sub>2</sub> elimination 91 per cent, of changing the calibre of the vessels of the internal organs as well as of the entire cutaneous area, cannot fail to prove an effective therapeutic agent when judiciously applied.

Oliver offers observations made with his ingenious arteriometer and other instruments of precision, to ascertain the influence of baths upon the vasomotor system. Hot immersion baths (100° to 105° F.) quickly reduced the radial calibre and blood pressure by reason of the rapid dilatation which takes place in the arterioles of the cutaneous surface. To this dilatation may be ascribed the increase in volume in limbs observed immediately after the immersion of the body. This enlargement rapidly subsides. In one example the initial volume of 1,640 c.c. was raised by the hot bath to 1,744 c.c., which fell in five minutes to 1,680 c.c., and in ten minutes to 1,664 c.c. The enlargement was obviously due to a temporary turgescence of the vessels of the skin. Warm immersion baths (96° to 100° F.), for instance, enlarged the radial calibre, though after a certain time the peripheral vessels became relaxed and full, the radial artery being consequently reduced in calibre.

In a full bath of 90° to 100° F., given to one of the attendants at



the Hydratic Institute, I found the pulse not materially affected. It became somewhat more rapid at the time that the bath was entered, increasing slowly in fullness and firmness as the body became fully submerged. After fifteen minutes' immersion at a temperature of 100° F., the pulse became more frequent, soft, and compressible. These changes were rapidly compensated after the bath was left.

The calming effect of a warm bath on the respiration is decidedly pronounced. In my own experiments the respiration was reduced by ten per cent in a bath at 100° F.

It must, however, be borne in mind that the effect of a warm bath is in accordance with the previous temperature in which the individual has been placed. When, for instance, a bath of 90° F. is entered after undressing in a temperature of 60° F., such a bath would feel much warmer than it would after undressing in a temperature of 80° F. or over. And yet such a bath is not a warm bath, but one of neutral temperature. A bath of 90° F. would, if continued twenty-five or thirty minutes without friction, gradually chill the patient, because the water would become cooler and the individual would have lost much of his reactive capacity. When issuing from such a bath it is important that the patient should be thoroughly dried, placed between warm cotton sheets, and supplied with artificial warmth to aid reaction.

When the temperature of the bath is raised above 104° F. the effect is quite different, because its *modus operandi* is different. The heart is called upon to labor more actively. There is no longer a primary relaxing effect upon the peripheral vessels, but an intense stimulating effect upon the vasoconstrictors, which very soon fatigues the latter and evokes in a dilatation of the vessels, filling the skin with blood, which, being heated, raises the internal temperature decidedly. The pulse rises in frequency, becoming feeble if the temperature be raised to 110° and the bath be prolonged; collapse threatens; but removal from the bath is followed by a feeling of comfort and lightness.

Baetz, of Tokio, has furnished accurate observations on the hot bath. Residing among a people with whom hot bathing is a daily practice, there being four hundred thousand hot baths given daily in Tokio alone, he had exceptional opportunities for studying their effects. The temperature adopted by the Japanese is usually about 130° F.; Europeans indulge in baths of 104° to 109°. The head is usually bathed in hot water before the bath is entered, in order to relax and dilate the cerebral vessels, and thus prevent cerebral anemia when the cutaneous vessels become greatly dilated. This is also aided by the sitting posture usually assumed. Palpitation of the heart and a decided sense of great heat are regarded as a signal for removal. The best effect of such a bath is a cutis anæmia and pallor of the skin,

lasting a few seconds; the pulse becomes slower and afterward more rapid. At first the respiration is not much affected; later it becomes purely thoracic. The temperature of the body rises slowly to 104° and over, this effect being due to heat retention combined with direct absorption of heat. It occurs rapidly, often within six minutes; but it returns to normal in half an hour after the bath. The arteries become relaxed, the temporal artery assumes a dendritic form as in arteriosclerosis. The pulse is full; its curve is high. Prolonged stay in the bath produces vertigo and nausea. The consumption of albuminoids is not increased by the hot bath. On leaving the bath, abundant perspiration ensues. The Japanese apply cold affusion before leaving the bath. It is a common error to suppose that colds are easily taken after hot baths. According to Baetz, this is impossible. While a warm bath relaxes the vasoconstrictors and thus predisposes to cold, the very hot bath produces a paralysis of the cutaneous vessels, which lasts some time and prevents their contraction when exposed to cold. This is proved by the fact that the Japanese often run naked on the streets after their hot baths without taking cold. Nor does such a bath produce tenderness and consequently debility. On the contrary, it seems to stimulate and tone them up; but there is usually a slight loss of weight after continuous use. The sense of warmth produced by the Japanese hot baths is claimed to be so enduring that it is regarded as an economical method of keeping the body warm in winter in dwellings which are not heated.

The distribution of blood in the body is decidedly affected by hot baths, according to the experiments referred to. The hotter the bath, the greater is the turgescence of the cutaneous vessels and, *pari passu*, the more contracted must the interior vessels become. That an anemic condition of the brain ensues, as demonstrated by Schüller, is proved by the sense of pressure on the head experienced in a hot bath and the frequent occurrence of vertigo when rising from such a bath.

There is a decided difference of susceptibility to heat in different parts of the body; the feet are more sensitive than the hands, and the male sexual organs are more sensitive than is any other part of the body.

The effects of warm (near the temperature of the skin) and hot (above the body temperature) baths differ also, as may be supposed, according to the extent to which the body is submerged.

Topp\* confirms the view of Baetz that the feeling of *fiat siccus* after hot (110° F.) baths taken after great muscular exertion is due to removal of fatigue products by the increase of oxidation.

\*Therapeutische Monatshefte, February, 1894.



*Therapeutic Indications.*—The warm bath offers a potent means for reducing the temperature, assuaging pain, and relieving nervous excitability, without materially interfering with any of the functions, in all the pyrexias of infants and very young children. There is no remedial agent which can compare with a full bath of 98°, reduced perhaps to 90° for eight to ten minutes, with gentle friction, for these purposes. The pronounced involvement of the nervous system in the febrile conditions of infants and very young children demands a measure which calms these threatening symptoms without interfering with the secretions. Care should be taken in drying the patient carefully and furnishing quiet surroundings to encourage sleep after such a bath; also in watching that the child does not expose its body by uncovering or restlessness and thus incur the action of the contrasting temperature of the air. In this day of facile resort to antipyrin and its congeners, the following large statistical evidence may be of value. In the *Zeitschrift für Kinderheilkunde* (xaxii., 142) Ercoss reports the results of his observations upon the use of antipyrin, quinine, and warm baths in the pyrexia of very young infants: "Among four hundred and thirty-one cases of fever during the first ten days after birth, one hundred and forty-five were of short duration, the remainder continuing for several days; in one hundred and eighty-four it was continuous, and in most of the others irregular. In forty-four per cent it was attributable to gastro-intestinal disorder, in thirty-four per cent to some disorder connected with the navel. Antipyrin was given in doses of from one grain to two and one-fourth grains, repeated, if necessary, in an hour. The effect was good, as was that of quinine. *Better results were obtained from the warm baths than from either drug.* The temperature of the bath was 90°; duration, ten minutes; in weakly children, five minutes. Upon the general condition the result was very satisfactory. Sleeplessness and irritability usually disappeared, and the child fell into a quiet sleep, from which he awoke apparently improved. When the temperature is very high, a warm bath is an agent of the greatest value."

There are few febrile diseases of children in which I do not prescribe such baths, and usually with the most satisfactory results. So popular have they become that mothers have termed them "reducing baths" and applied them frequently before calling me in.

In *insomnis*, a manifestation occurring in neurosthenia and other neuroses, the warm bath before retiring is often prescribed in a routine fashion, but it is rarely efficient because the technique is faulty and in contravention to well-ascertained physiological principles. The prescription "Take a warm bath at bedtime" fails because the temperature, duration, and other important details are omitted. When



a patient rises from a bath of 100° F. or over, the cutaneous vessels are relaxed and dilated. The air of the bathroom being usually about 70° F., the skin is at once subjected to an environment 25° below its recent temperature. During the passage from the bathroom to the bed the skin is gradually cooled, and, having been rendered more sensitive by the heat, there is a decided lowering in it, not rarely accompanied by cutis anserina. The rationale of the warm bath as established by Max Schüller's trophined-rabbit experiment is thus contravened.

In *chronic rheumatism* and gout the hot-pack bath described above is of the greatest value, often rewarding with success after other reputed measures have failed. Faithful execution of the technique, especially the cautious massage, during the bath, of parts in the immediate vicinity of the diseased parts, is essential. These procedures may be resorted to daily or alternated in feeble subjects with tonic procedures.

In *cardiac affections* the warm bath is usually regarded as contraindicated, but the injurious effects are often due to improper execution of the bath. It should not be of so high a temperature as to heat the blood; nor should the patient dress in the room in which he has bathed and which contains much moisture; nor should he make great efforts in drying or dressing himself.

Hoffman says justly that all these faults may be avoided, if the pulse and temperature are watched. With due regard to these precautions, the warm bath is an excellent remedy to regulate cardiac action, and as a method of saving labor for the heart it has a great future, because it may be continued indefinitely. An unavoidable danger from the warm bath lies in its action upon the skin. The perspiration is greatly increased, the epidermis becomes excrement and better adapted for giving off watery vapors; hence there is a tendency to cooling off after the bath, which may amount to a sense of chilliness. A rapid contraction of the cutaneous vessels takes place. Thus, while it is our desire to relieve the heart, these decided variations in blood pressure make an increased demand upon it. If to avoid this we carefully cover the patient, we incur the danger of fixing upon the cutaneous surface a layer of air which is saturated with vapor, which maintains the dilatation of the cutaneous vessels and justly inspires the patient with the fear of taking cold. The tone of the vasomotor is diminished in these persons. Under normal conditions the vasomotor system provides for the proper distribution of blood in the whole body, by preventing excessive contraction as well as dilatation. This equilibrium is disturbed by the warm bath, and a certain period is necessary for restitution of the normal tone of the surface vessels. In the healthy heart a cold affusion readily promotes the latter. But this cannot be regarded as a quieting procedure in abnormal cardiac con-

ditions and is advisable only for persons having vigorous hearts. Hence it becomes important that the patient's cutaneous vascular tone be restored gradually. This may be done by rendering the skin slowly more bloodless by means of gradually drying with warm cloths. This may seem a trivial matter, but just such trifles render treatment effectual or harmful. Moreover, too active friction should be avoided in these cases, and woollen clothing should be worn. The latter not only protects the skin, which has been rendered tender and sensitive by the warm bath, but encourages by its roughness a certain amount of hyperæmia, which conduces to an increase of vascular tone. In advanced conditions of cardiac disease still greater care is necessary in the use of warm baths. So long as there is no venous stasis, they may be used with advantage.

In *cerebro-spinal meningitis* such good results have been observed in isolated cases that the application of these baths should not be omitted. Aufrecht\* reports the case, occurring during a fatal epidemic, of a laborer, twenty-five years old, who had lain in a comatose condition for ten days. A spontaneous cure was out of the question. The low temperature and small frequent pulse impelled Dr. Aufrecht to resort to hot baths. The patient received altogether twelve baths of ten and twenty minutes' duration. After the first few baths an improvement was noted. The sensorium gradually cleared up; stiffness of the neck and pain were diminished; he began to call for vessels when prompted to urinate or defecate; the abdominal muscles resumed their normal function and condition. When the baths were discontinued after nine had been administered, leucæche, great restlessness, and delirium returned. These symptoms disappeared, however, after three more baths were given.

Rogansky confirms Aufrecht's statements,† having during a period of five years treated fifty-one women with hot baths (104° F.) for fifteen or twenty minutes twice a day, with see-bag to the head. The effects were most striking in subdelirious patients, who often recovered consciousness rapidly, after the third bath, and became more calm if not restored to consciousness. The temperature, vomiting, and cervical rigidity were not so markedly influenced. Of 51 cases, 34 were cured, 17 died, a mortality of 33 per cent. In the male wards, where this bath treatment was not applied, 40 died out of 50 cases.

Voroshitsky ‡ reports two cases of *cerebro-spinal meningitis* which were cured by hot baths. One was that of a man twenty-five years old, of tuberculous habit, but he was well until September, 1894. He pre-

\* *Therapeutische Monatshefte*, 1894, No. 8.

† *Modern Medicine*, October, 1904.

‡ *Gazette Hebdomadaire Russ.*, 1895, No. 4.



sented the characteristic signs of meningitis, intense headache, vomiting, stiffness of the neck, general hyperæsthesia; pulse, 60; temperature,  $37.8^{\circ}\text{C}$ .; no ocular symptoms. These manifestations became aggravated; the pulse became irregular and slower, and great adynamia ensued. In this condition the first warm bath was given, which produced slight amelioration of the general condition, but which on repetition decidedly improved all the symptoms. After the eighth bath recovery was almost complete. The baths were given daily for ten minutes; temperature,  $32^{\circ}\text{R}$ . ( $164^{\circ}\text{F}$ .).

A second case, more serious on account of cardiac feebleness, also ended in recovery. The author attributes great importance to the warm baths, because he had employed the customary medication in both cases without the slightest effect upon the progress of the case.

Wollisch\* reports seven severe cases of cerebro-spinal meningitis. Being encouraged by the report of Aufrecht and another of Voroschitsky, he applied *hot baths* in one case and was induced by the favorable result to apply them in six others. In all seven cases (children from five to ten years) the symptoms were pronounced. Stiffness of the neck was prominent; the disease was epidemic. Five cases ended in recovery, two ended fatally. One of the latter was foolhardy and terminated within forty-eight hours; the other patient died in a later stage, the baths having been administered during the first two weeks and all other therapeutic measures having been impossible of execution.

The entire course of the disease was rendered mild by these baths. The favorable influence on the heart and nervous system was well marked. The baths were administered in a somewhat different manner from Aufrecht's method. The patient was put into a bath of the temperature of  $90^{\circ}$ , and gradually hot water was added until the temperature of the water reached  $102^{\circ}$ . During the bath the ice bag or Leiter's coil was applied to the head.

The transportation from the bed to the bath should be conducted most carefully and as quickly as possible. If a great deal of pain is present in the spine, the patient must be lifted out of the bed by means of the sheet on which he lies, and with it lowered into the bath. The head should not be touched during transportation. After the bath the patient is wrapped in a woollen blanket and has a light cover thrown over him; no drying or rubbing of the body is to be attempted. In this envelopment the patient is to remain an hour, when he may be removed. The time of day for the bath is unimportant, but the very early morning hours or late evening hours should not be selected.

\* *Therapeutische Monatshefte*, March, 1896.



Besides the bath it is necessary to be provided with good, cooling apparatus for the head, neck, and spine. The diet should consist of nourishing meat preparations, even when diarrhoea comes on. The author also ordered his patients wine and cognac (in milk), also beer, as much as they would take, and came to the conclusion that alcohol maintains its place also in this disease as a tonic and hypnotic of the first rank.

The question as to the manner in which hot baths act he was not in a position to answer, but he thought it not improbable that the hyperæmia of the skin produced by the bath was followed by a diminution of blood in the brain and spinal cord, and hence the bath acted like resection without the loss of blood from the body. Furthermore it is reasonable to suppose that the sweating which usually follows diminishes the formation and hastens the excretion of toxins. At least it is certain that the hot bath, even in the presence of fever, does not raise the temperature of the body, but on the contrary diminishes it. Is not a single case did he observe any dangerous influence of the bath on the heart's action. Even in a case in which he had ready for instant use cognac and camphor, expecting a depressing influence from the hot bath, no bad symptoms occurred. On the contrary, his observations have satisfied him that the action on the heart is rather that of a tonic and a regulator of the heart beats. Lastly, he would recommend the use of the hot baths in cases of cerebro-spinal meningitis even when no other benefit was to be gained than the relief of pain and the calming results which follow.

In *menstrual disorders* the warm bath is an old domestic remedy. The temperature and duration not being stated, it follows that those who attempt to obtain the results lauded by others usually fail. Securus, of Ephesus,\* who paid special attention to gynecology, recommends and describes the preparation of baths and half-baths for dysmenorrhœa and amenorrhœa, followed by rest in bed. A more modern author, Graily Hewitt,† says: "The warm bath in which the patient remains half an hour is perhaps one of the most effective remedies for the relief of the great pain, and in many cases its effect in producing the flow is not less marked, so that it possesses not only palliative but also curative properties."

With regard to temperance I have used in amenorrhœa, without recognizable constitutional or organic defect, the half-bath in water of 55° gradually raised to 100°, for half an hour, the water reaching to above the navel, especially if preparations are made in advance to secure rapid drying and getting into a warm bed.

\* Quoted by Herz, in Wiesensch. "Festschrift."

† "Pathology and Treatment of Diseases of Women."

Such baths, alternating if anæmia be present with hip-baths of three minutes' duration, followed while the patient is in the tub with affusion over the shoulders with water at 75°, are exceedingly valuable. The warm and cold baths are to be alternated on succeeding nights.

For *dysenteries* the hot half-bath, 109° raised to 115° for twenty minutes, often acts like a charm.

Topp recommends hot baths in *bronchitis*. Drs. A. Jacobi and Leonard Weber, of this city, find them in the bronchitis of children, and in the same disease Baels attributes a specific effect to baths of 104° to 110° F., three or four times a day. In *neuralgia*, *rheumatism*, various exanthemas, uterine colic, they are very useful. These hot baths are contraindicated when the heart is weak and whenever internal congestions are threatening. Atheromatous patients and cases of angina pectoris require special warning.

In *febrile poisoning* Dr. Hamsey, of the United States Army, has found, after exhausting all the moral remedies, the soaking or sponging with water at 110° to 120°, or, better, submerging the affected parts in the hot water, superior to all the moral ranted remedies.\*

#### THE PROLONGED WARM BATH.

This valuable therapeutic agent is prepared as follows: A large bath-tub is placed in a pleasant room convenient to the water supply. By an arrangement of bottoms or a bar along the outside of the edge of



FIG. 46.—Eaton's Continuous Bath.

the tub, the edges of a sheet may be secured by means of tapes. The sheet is in this manner suspended within the tub so that its lower portion clears the bottom of the latter when the patient is lying upon it as in a hammock. A very deep tub being required in order to make the patient comfortable, and such tubs not being readily obtainable, the author would call attention to a device which he has applied successfully for the purpose of improvising a prolonged bath. A hammock may be constructed of a strong piece of sheeting, the edges of which are securely fastened by

\**Sanct. Amer. Med. Assoc.*, August 23d. 1893.

tracks to a frame of boards, four inches wide, seven feet long, and three-fourths inch thick. This frame may be placed upon any large and deep tub in such manner that the large sheet barely clears the bottom. An arrangement for maintaining temperature about 95° to 100° is demanded.

Dr. Guy L. Hunter, of Johns Hopkins Hospital, has devised ingenious "brass bath-tub clamps" to fasten the sheet to the upper borders of the tub.

The author has found ordinary hard-wood clothes pins useful for this purpose, provided they are fastened to prevent slipping off.

Another extemporized hammock bath is described in the management of extensive burns (p. 244).

A complete and reliable apparatus for permanent baths may be constructed as follows.\* The litter upon which the patient is lowered



FIG. 15.—Hammock Bath. Method of securing sheet. Patient's trunk need be submerged entirely.

used into the bath is constructed of a frame of ash, upon which waterproof sailcloth is stretched. These form a comfortable bed, which may be shortened or lengthened by springs; the headpiece is also movable at different angles. The litter is connected with a metallic

\*Kaut's "Jahrbücher der Bamberger Staatskrankenanstalten," i., 1899. P. W. C. Vogel, Leipzig.



frame to which the lifting apparatus is secured. When the litters are lowered, a polished board cover protects the patient, maintains heat, and serves also as a table during meals. The temperature regulation may be obtained by various electrical and other contrivances. It should not vary much from 100° F., for surgical or dermatological purposes. The patient is lifted daily out of the water, is thoroughly cleansed with soap and brush; the water is renewed. Urine is removed by outflow, also fluid feces. When solid, the latter may be scooped up or hurried through the outflow, as it floats.

The first sensation experienced by the patient after entering such a bath is one of slight chilliness, which subsides very soon and gives way to a sense of comfort, provided the temperature of the water is not permitted to sink below 95°. The latter is assured with a good supply of hot water and proper arrangements for adding it to the bath and for removing the cold water. The tub should be covered with blankets, placed on supports laid across it, to exclude the air as much as possible and to protect the patient against exposure. Such a bath is usually continued for a large part of the day and night, the patient being carefully removed for the purpose of urinating and defecating. If he cannot sleep in the bath he may be placed in an adjoining bed for that purpose, he having of course been previously dried. If the necessities of the case demand his sleeping in the bath, careful watch should be kept to prevent his head slipping down into the water. The constant attendance of a nurse is usually required.

Before he is placed in the bath the patient's skin should be anointed with mutton suet, to prevent puckering and peeling, which sometimes ensue from prolonged saturation.

Prolonged baths of shorter duration are so useful in some diseases that their technique requires special description (see Nephritis).

To Riess, who has studied this unique bath method thoroughly in a large number of cases in the *Berliner städtisches allgemeines Krankenhaus*, from 1874 to 1876, we owe all that is known of its application for the treatment of internal diseases.

*Estimate.*—The physiological effects upon the organism which may be expected from lying in a bath of from 94° F. to 95° F., either continuously all day, or for a number of hours, are of a negative character. There is neither a thermic irritation of the sensory cutaneous nerve endings, nor any change in the cutaneous vessels, blood pressure, cardiac action, or respiration. In every case in which Riess applied the continuous bath he made careful temperature, pulse, and respiration measurements, which demonstrated that the last two usually fluctuated only for a short time after the bath was entered. The

most reasonable explanation of the effect of the continuous warm bath is to be sought in the diminution or removal of those cutaneous irritations (rapidly changing temperatures, etc.) which are in operation in the ordinary contact of the body with air, and the resultant effect of this freedom from communicated irritating influences upon the inner organs, especially the nervous system. The regulation and quiescence of important functions, especially of the activity of the central nervous system, ensues as a natural result.

Hebra\* was the first to call attention in 1877 to the fact that prolonged residence in this water-bed does not affect the patient unfavorably; patients become so readily accustomed to it that they sleep well; appetite, bowels, and urine and respiration are normal, and there is no sign of any debilitating effect. This statement is confirmed by the report of 1897 of the Hamburg hospitals, which is the most extensive statistical evidence of the value of the permanent bath. The author, Dr. Zuschlag, confirms, on page 117, Hebra's statement. He warns, however, that during the first two or three days sleep is not satisfactory in sensitive individuals; the appetite increases often to a surprising hunger, and weight increases. The patient does not require removal after defecation or urination, nor during menstruation. Zuschlag mentions one case which remained day and night for fifteen months. The hard skin on the soles and on the palms became painful for a few days, while it softens. The patient is rubbed with lanolin before entering the bath.

*Therapeutic Indications.*—Pemphigus was probably the first disease subjected to the continuous bath. To Hebra belongs the credit. Kaposi † writes: "The continuous bath is an inestimable measure in pemphigus foliaceus, and assists best to relieve the pains, mitigate the fever, and by restoring sleep and appetite to tide the patient over the period of eruption to which he would succumb early. We have treated in this manner one case for four years; sometimes lying in the water night and day for eight months with the greatest benefit."

Riss ‡ has rendered a great service by an extensive report on this valuable remedial agent in many intractable and painful diseases.

The clinical results obtained by his extensive observations are in accord with the *reticulate*. The continuous bath is useful in serious disturbances of the central nervous system, especially of the spinal cord. In those conditions of *paraplegia* of the lower extremities, paralysis of the bladder and intestines occurring frequently in locomotor ataxia, myelitis, and similar diseases, it is especially useful. Despite

\* *Wiener medicinische Wochenschrift*, xxvii, Nos. 28-29.

† Kaposi's "Realencyclopädie der Gesamten Heilkunde," vol. xv., p. 294.

‡ *Archiv für klinische Medizin*, 1889-90.



the greatest care, *bedsores* occur and progress to serious proportions in these cases, compelling resort to the continuous bath, which has proved to be the most effective remedy for this serious, discomforting, and painful trouble. It was during the treatment for bedsores that Riess discovered with great satisfaction the most surprising results in the production of improvement and retrocession of organic nervous disease, such as spinal pains, eccentric pains in the extremities, contractions which often rendered any position in bed painful, reflex spasms, and similar manifestations.

The same effect was noticed in *chronic meningitis*, apoplexies resulting in contractions, and in hemiplegia, tumors of the brain, etc. Besides the symptoms enumerated, general hyperæsthesia, and especially cerebral excitement and delirium, are most favorably influenced by this bath.

Prolonged submersion in water of neutral temperature exercises a calming effect upon the irritability of the brain, and offers a basis for favorably influencing these diseases of the nervous system, in which therapeutic effects are usually so fruitless. The regulation and removal of peripheral irritations probably explain these effects; the theory of inhibition and ascendance of the terminal nerve fibres of the skin seems to be unnecessary to account for the latter. But not alone are the principal symptoms improved in these nervous diseases; in a not inconsiderable number of cases the continuous bath appears to exercise a directly beneficial effect upon the retrocession of the pathological processes, as far as this is possible. "In about one-half of such cases of spinal and cerebral organic diseases, which exceeded one hundred in number and which were subjected to these baths for several weeks, the improvement, not only of the symptoms, but in the disease itself, was undeniable," says Riess. The motor and sensory paralyses, ataxia, and related symptoms receded under the baths, although they had been but slightly influenced or remained unaffected under the use of other therapeutic measures which had been applied during many preceding months. In those cases in which complete retrocession was possible, as in incipient inflammatory conditions and in exudations capable of absorption, the application of continuous baths apparently contributed greatly to the cure. In this manner are probably explicable the cures of central paralyses which are claimed to result at thermal mineral springs; indeed in many of these a prolonged stay in the warm piscines is prescribed by the resident physicians with good effect.

Riess mentions a case of compression myelitis and other cases of desperate character, as illustrations of what may be accomplished by these continued warm baths.

Zuschlag (*loc. cit.* p. 119) has treated 182 cases of various incurable



maladies during six years. He had 50 cases of bedsores (cases of the central nervous system and senile marasmus), of which 43 died, a mortality due to the nature of the diseases—tubercles, brain and spinal tumors, etc. The advantage of the water-bed for keeping these cases absolutely clean will be best appreciated by those who have treated such cases without it.

*Inoperable cancer of the osseous tract* with destruction of tissue and fistula. For these unhappy creatures the water-bed is an inestimable boon.

*Tuberculosis of the bones and joints, large abscesses, suppurating wounds, gangrene, squids* are diseases in which the continuous bath affords "triumphant results." A case of diabetic gangrene, which had been unsuccessfully amputated four times, was cured in thirty-six days' residence in the water-bed. Especially does Zuechlag recommend the latter in *neglected pyrophimosis*, and *artificial ones, or fistulae*, fecal or urinary, in which he regards them as a "great blessing."

*Extensive burns* offer the most promising field for the continuous bath. Hebra was the first to suggest this treatment. Zuechlag confirms Hebra's statement. He regards the greatest advantage to be not the cure of burns (for the third degree of the latter are always fatal), but the enormous relief they afford and the rapidity of healing of suppurating burns. There is no need of painful dressings, pieces of dead skin, etc., may be easily removed with scissors without disturbing the sufferer. Of ten cases of second and third degree of extensive burns four were cured. All cases should be subjected to the bath before they become exhausted, if the blessings to patient and attendants are to be fully realized.

The author recalls a woman he treated in the Manhattan General Hospital for a burn involving the entire body. Her agonizing cries filled the ward, despite large hypodermics of morphia. A hammock bath was extemporized under his direction by Dr. Belnap, the house physician, as follows: A stout sheet was laid into the tub. Short strips of bandage were secured on both edges by safety-pins, about twelve inches apart and of sufficient length to reach beneath the tub and be united by tying or safety-pins. On one side the bandages were short, on the other long. The latter were carried under the tub to a point on the opposite side, where they were tied in such manner with the short pieces that the sheet was lifted from the bottom of the tub about six inches. Upon this crude hammock, suspended within the bath-tub, the agonized creature was placed, her head supported by a water pillow, after the tub had been half filled with water at 98° F. in which four pounds of bicarbonate of soda had been dissolved. After the patient was in situ, the tub was filled to the brim with warm

water, and covered with a blanket. A piece of hose attached to the water supply was led into the tub near its foot and a nurse stationed constantly to maintain the temperature. The patient was so completely relieved that she fell into a fitful slumber, and she continued free from pain until death released her twenty-four hours later.

*Cystitis*.—In this disease the treatment by irrigation is much more successful when combined with the continuous bath. Riess mentions five distinct cases, of which three ended in recovery. Five cases of *obstinate sciatica* yielded to the continuous bath. In *chorea* he obtained partial results. In *multiple neuritis* the pain was relieved. *Ascaris* arising from heart and kidney trouble yielded especially good results, although in these cases there was a decrease of urine. The baths should, therefore, not be used when the latter is scanty.

In *obstinate cases of articular and muscular rheumatism* in which all other treatment had failed, daily baths of twelve hours' duration afforded good results. In almost all cases he obtained an improvement of the general nutrition.

*Chronic diarrhoea* seemed to improve decidedly.

*Typhoid Fever*.—For the treatment of typhoid and other fevers Dr. Riess also recommends the hammock bath, with an array of statistics and clinical data which demand careful consideration. It consists of immersing the patient in a bath of 88° F. He advises that the patient be submerged whenever the rectal temperature reaches 102° F., and that he be allowed to remain in the bath usually during the day only, but, if necessary, day and night, until his rectal temperature registers 100° F. He is then removed, and again placed in the bath when he registers 102° F. If the temperature falls too slowly, or rises in the bath, an occasional short bath of 60° F. or a moderate dose of antipyrin was used.

This method is certainly much more free from trouble and more agreeable to the patient, when he becomes accustomed to it, than the cold bath, and may thus be substituted for the latter in some instances.

Riess\* appeals to his clinical results in eight hundred and nine cases treated in the Allgemeines Krankenhaus zu Friedrichshain. Although a mortality percentage does not prove much, because many hospital cases could not be saved by any treatment, he does claim that he can show the lowest mortality of any hospital in the city, and in his own hospital the mortality has been reduced from 10 per cent to 8.5 per cent; 12 deaths were caused by pneumonia, 4 by hemorrhage, and 10 were uncomplicated. The duration of his cases was decidedly influenced, he claims, contrary to the accepted doctrine with regard to

\* Monograph of author, and *Archiv für klinische Medizin*, 1893-94.



the course of typhoid fever. Although most cases came in after the eighth day, the average stay was 17.9, including 740 cases that ended in recovery. Three hundred and one cases, coming in before the sixth day, remained fifteen days; the others, 17.7. In 341 cases, which came in before the sixth day, the duration of fever averaged 15.5 days; 399 cases, admitted later, averaged 19.9 days—certainly a much shorter average duration than is usually observed in so large a number of cases. Among the deaths there were 10 uncomplicated, 18 pneumonia, 12 severe throat affections, 12 perforations, 3 intestinal hemorrhage, 3 purulent peritonitis, 3 chronic pyæmia during convalescence, and of the remainder one each of gangrenous phlegmon, gangrene of the lung, toxæmia, hæmorrhagic nephritis, dysentery, pelvic tumor, and old heart lesion.

Hence, only 1.2 per cent died without some complication; 34 per cent of those dying were admitted before the sixth day of illness; 65.2 per cent after the sixth day—the average date of the admission of the fatal cases being, therefore, 9.5 days after inception of illness.

The effect of this treatment upon individual symptoms must be carefully studied. Upon the cerebral disturbances these prolonged baths seemed to act more favorably even than short cold baths. If this had not been the case, it would have been impossible to detain somnolent and delirious or violent cases in the bath without a much greater number of nurses. The fact was, however, that *these cerebral symptoms receded without exception after the first prolonged bath*; the actual status typhoidus disappeared permanently on the second or third day.

*Influence upon circulation* was also favorable. Only during the first quarter-hour did the heart action seem embarrassed, the pulse becoming small. And this should be remembered, not to discourage the attendant, because it very soon becomes stronger and slower.

*Many complications* were never aggravated, but on the contrary were improved, and rarely occurred in cases admitted early. The intestinal lesions, too, were favorably influenced; diarrheas diminished so rapidly that they never interfered with the continuance of the bath. Complications were diminished. There were only 2.6 per cent of intestinal hemorrhages, and 1.6 per cent of perforation peritonitis; of which latter cases one ended in recovery. There were 5.5 per cent of pneumonia, 2.1 per cent of throat affection, and other complications or sequelæ were very rare. Only furuncles and subcutaneous abscesses were increased somewhat (3.4 per cent).

Kies concluded, therefore, and with justice, that the treatment of typhoid fever by the continuous baths has an especially favorable effect, because it does not reduce the temperature rapidly and does



diminish the severity of other symptoms, shortens the duration of fever, and reduces the mortality to a low point. Riess furnishes in connection with this essay, read before the Science Congress at Heidelberg in September, 1889, six temperature charts, which graphically illustrate the method and its results. I select one of these, giving the temperature and duration of baths and remissions.

Siefke, a nurse, aged twenty-nine years, became ill in the hospital; he had continuous baths from the second to the eighth day, after which he was normal. He was put into the bath with a rectal temperature of  $39.2^{\circ}$  C., and remained in it fourteen hours; when his temperature reached  $36.4^{\circ}$  he was removed. In four hours the temperature rose to  $39.4^{\circ}$ ; he was put into bath for ten hours and removed at  $37.2^{\circ}$ . In four hours it reached  $39^{\circ}$ ; after eight hours in the bath it was  $37^{\circ}$ . After three hours out of the bath it registered  $38.8^{\circ}$ ; a bath of nine and one-half hours brought it to  $37.8^{\circ}$ . Out of the bath for an hour it rose to  $38.6^{\circ}$ ; a bath of ten hours reduced it to  $37^{\circ}$ . After three hours it rose to  $39^{\circ}$ ; a ten-hour bath brought it down to  $37.2^{\circ}$ . After six hours it rose to  $39^{\circ}$ ; an eight-hour bath reduced it to  $37.4^{\circ}$ . In three hours it rose to  $39^{\circ}$ ; an eight-hour bath reduced it again to  $37.4^{\circ}$ . In four hours it rose to  $38.6^{\circ}$ ; he was now kept in the bath for twenty-two hours, at the end of which time the temperature fell to  $37^{\circ}$ . He was removed for four hours, and the temperature rose to  $38.8^{\circ}$ . In the bath eight hours, it fell to  $37.4^{\circ}$ ; out four hours it rose to  $38.8^{\circ}$ . In the bath six hours, it fell to  $37^{\circ}$ , after which it remained normal on the eleventh day.

This method of bathing presents many advantages, if it can be carried out. Its superiority over the Brand bath lies in (1) its absoptive power, for that it certainly shortens the disease is proven by three of the cases; being in houses and servants residing in the hospital, the beginning and ending of the fever could be positively determined; (2) in its being less heroic and disturbing and more comfortable. Its inferiority to the Brand method lies in the fact that its mortality is far above that of the latter. This objection may be more apparent than real. There is certainly quite a difference between cases of poor people entering a civil hospital, usually after many days of heedless treatment or neglect at home, and the average robust soldier entering a military hospital almost immediately after being pronounced unfit for duty.

I am disposed to believe, from the experience of Brand, Vogl, Jørgensen, Wilson, and my own, that of the "thirty-four of those dying who had been admitted before the sixth day of illness" most, if not all, would have been saved by strict cold bathing; and a large proportion of the other cases (averaging less than ten days ill when admitted) might have been saved. Still the results are so far better than those of the fatal expectant treatment that it would seem ungrateful to this

contagious and original clinician to avail at the excellent method, which he has again advocated in a recent article.\* In the latter Riess shows that in the large number of cases treated by a less decided execution of his method, the average mortality taken for ten years has risen three per cent in the same hospital. He claims that the excretion of nitrogen is increased by these baths, while antipyrin diminishes it.

The observations of Riess have been confirmed by Dr. Barr, of Liverpool,† whose mortality in fifty-five successive cases was only one. Barr treated twenty-five of his cases by continuous immersion in water at 95°, when their body temperature was 100° or over; the water temperature was raised as the patient's temperature approached the normal. Although this is a very small experience, it offers confirmation of the value of the hammock bath in typhoid fever.

Knapelin, the eminent psychiatrist of Heidelberg, regards the continuous bath (98° to 100°) for several hours as the most effective calnative, inasmuch as it often succeeds when medicinal agents fail. (See article Insanity.)

In subacute nephritis a bath of 95° to 100° F., with gentle friction over the entire body and occasional bathing of the face and head with water at 50° or 60° F. to counteract possible cardiac enfeeblement and loss of arterial tension, and continued for half an hour or an hour, offers the most useful therapeutic resource at the physician's command, if followed by rest in bed and milk or other salt-free diet. The author's clinical observations are amply confirmed by the investigations of Strasser and Wolf of Vienna. In the literature of nephritis the favorable effects of so-called lukewarm baths of a few minutes' duration are often referred to and explained upon the theory that they enhance cutaneous activity. In recent years the significance of albuminuria as a manifestation in nephritis has diminished, while more emphasis is placed upon renal inefficiency in the elimination of nitrogen, chlorides, and water. The result of this more practical and broader view has been a more intelligent regulation of the hygienic environment of the patient and of his diet. Numerous experiments, conducted by Strasser and Wolf with and without baths, have demonstrated that in patients subjected to methodical bathing there was a decided increase of urine, frequently a positive increase of nitrogen and chloride of sodium excretion, the latter sometimes being threefold, and continuing after the baths. The excretion of albumin was reduced in percentage, but the absolute quantity was not much larger. There never was a retention of N or NaCl products on the bath days, either in the intense cases with oedema or in the milder ones. In a severe case with oedema a few days' bathing increased diuresis and chloride excretion

\* Deutsche med. Wochenschrift, 1890, p. 833.

† "Treatment of Enteric Fever," London, H. K. Lewis, 1892.



and removed the edema. It was remarkable that this result was obtained under ordinary diet containing an abundance of N and NaCl. The benefit claimed by the modern method of depriving the system of NaCl was attained by the simple warm bath. That the effect is very decidedly enhanced by a diet free from NaCl has been demonstrated by the later observations of Strasser and Blumenkrantz,\* who made some interesting experiments, which confirm the earlier findings. The bath temperature should be maintained at about 95° F., unless the patient feels chilly, and in acute cases the patient should lie in a hammock or on a cushion in the bath for an hour; in the subacute or chronic case he may sit erect in the warm water reaching to his neck. If the tub is covered with a blanket the water temperature may easily be maintained by the inflow of hot water. The bed should be warmed while the patient is in the bath, from which he is removed at the expiration of an hour, wrapped in warm (not hot) sheets. He need not be dried, but may remain quiescent for one or two hours. Two baths each day are advisable. They found in genuine nephritis a very pronounced and often considerable increase of diuresis and elimination of all products of tissue change on the bath days. This effect continued for several hours and days. Although they recognize the influence of the bath on the renal circulation they are disposed to regard the favorable changes in the elimination of water, salt, and nitrogen as an expression of a real enhancement of the functioning capacity of the kidney, viz., that the bath relieves the renal insufficiency. That the increase of N and salt elimination is not the result of increased diuresis is disproved by one of the experiments in which these occurred without augmented diuresis, and continued for three days without additional baths. The influence of these baths upon albumin in the urine varied so considerably, sometimes increasing, and again diminishing, that this question must be left open until larger data are obtainable. The edematous manifestations of nephritis are favorably influenced by these baths. Strasser and Wolf claim that these have been confirmed by colleagues who have followed their method of combining a diet free from salt with the prolonged bath of a neutral temperature. In uræmic cases this simple procedure is surely worthy of a fair trial. One or two baths suffice; when they were applied more frequently or their duration was prolonged, the patients complained of debility and headache without an improvement in the excretions. The author has dwelt upon these experiments and observations somewhat fully because he is personally acquainted with Dr. Strasser and recognizes his ability and sincerity. Moreover, his own observation has so often convinced him of the hopelessness of medicinal management of these desperate cases that

\* *Blätter für Klinische Medizin*, May, 1907.



he regards the application of the neutral prolonged bath as an important therapeutic addition, which demands adoption by the general practitioner.

#### LOCALIZED CONTINUOUS BATHS.

*Technique.*—In domestic practice a deep pan may be extemporized. Dr. Frank Hamilton, of Bellevue Hospital, who was an enthusiastic advocate of the submersion treatment of surgical cases, devised an apparatus which affords a neat and comfortable method of applying hot water continuously to the extremities.

Fig. 48 represents a bath for the upper extremities.

For the lower extremities (Fig. 49) a zinc bath is used also, somewhat larger, the door being in the form of an inverted roof, the apex of which is below; the base being represented by the open top of the bath; this latter is also provided with a movable cover. The apex is supported by a wooden frame and horizontal board. This bath is, like the arm bath, provided with pins for suspension of the limb and with a stop cock.



FIG. 48.



FIG. 49.

In the case of the foot bath, when it is found uncomfortable to project the foot from the side of the bed, the portion of the bed upon which the body reposes is elevated by mattresses, and the bath is placed on the uncovered foot of the bedstead.

The water should be kept at such a temperature as to feel warm to the hand of the attendant, and this is found to be about 95° F. Suf-

cient uniformity has been attained generally by changing the water three times daily.

Antiseptics may be added to these baths and thus prevent the occurrence of sepsis, which is so frequent in lacerated wounds.

*Therapeutic Indication—Erysipelas.*—Dr. Achilles Rose relates\* cases of erysipelas treated by the continuous warm bath, showing the powerful effect of the warm bath on this infectious inflammation, how the temperature was thereby promptly reduced, and how the whole course of the disease at once changed for the better.

*Polyarthrititis.*—Hunter recommends in polyarthrititis synovialis acuta (rheumatismus articulozum acutus), after the acute stage has passed, and also in polyarthrititis (arthritis deformans), therapeutics which aid absorption and excite circulation, and praises as the best means to this end permanent warm baths, either for arm or leg, in tubs of proper size and shape, or general baths, as the case may require. He states that this therapeutic measure in polyarthrititis synovialis chronica, as well as in polyarthrititis, has not been surpassed by any other method of treatment.

*Recent Wounds.*—When secondary hemorrhage is at all liable to occur, the limb is dressed, according to Dr. Hamilton, for a few hours with either warm or cold fomentations, and is left reposing in bed; but neither sutures, adhesive plasters, nor bandages are applied. At the expiration of this time either the bath or the warm-water fomentations are commenced, and thereafter employed systematically. The patient is at liberty at any time to lift the limb from the bath, and he generally does this pretty often, to see how it is progressing.

*Warm-water fomentations* are regarded by Hamilton always second in value to submersion in the prevention and cure of inflammation, and they are reserved, therefore, for those examples in which submersion for one or another reason cannot properly be employed.

Fomentations are to be employed after the fourteenth day in all those cases in which submersion was used at first; occasionally when the patient is weary of the confinement of the bath, the limb is taken out and fomented during the night.

"No treatment hitherto adopted," says Dr. Hamilton, "under our observation, has been attended with equally favorable results.

"The phenomena usually observed in cases of recent lacerated or incised wounds, when submerged, are a sense of comfort, yet not absolute relief from pain. On the second or third day the parts adjacent are swollen but not much reddened, the integument generally assumes a white and swollen appearance, and with only slight tenderness. On the fifth, sixth, or seventh day the swelling is greater than usually

accompanies other plans of treatment, and with the inexperienced is likely to excite alarm; but it is found not to be attended with increased tenderness, and it pits under pressure, showing that it is a condition of oedema chiefly. At this time the granulations are generally covered with lymph, or some exudate of a whitish color, which might easily be mistaken for a diphtheritic deposit. At the end of fourteen days or thereabouts (the period at which in most cases we substitute fomentation for submersion) the limb is still oedematous and the granulations are abundant, sometimes presenting a fresh red appearance, and at others covered with the white exudate."

*Position of Injury.*—The lower extremities can be completely and permanently submerged only to a point three or four inches below the knee, and the upper extremities to a point a few inches above the elbow; consequently, submersion is limited to those portions of the extremities which are below the points mentioned.

*Character of Injury.*—Submersion in warm water demonstrates its superiority over other plans, especially in the case of a laceration or contusion of the hand or of the face, when the integument and flesh are extensively torn—provided the limb is submerged without closing the wound—that is, without sutures or bandages; indeed, sutures are inadvisable when this plan is adopted, since the oedema, which almost inevitably ensues, would break away the sutures.

More contusions, without external lesions, have been treated almost constantly at St. Francis' Hospital by this method; and the results have been in all cases satisfactory, and occasionally they have progressed toward recovery in a manner to excite surprise."

These observations on localized continuous baths are reproduced in order to demonstrate the flexibility of water as a remedial agent. Their efficiency will even in the present aseptic era of surgery bear favorable comparison with modern methods in the treatment of cleanliness and asepsis of lacerated wounds.

In *severe sprains* Professor Reclus, of Paris, finds after trying all other methods that the best results are obtained by plunging the joint into warm water and gradually raising the temperature of the latter to 118° and as far as 120° F., according to the patient's tolerance. The bath is continued for ten minutes, when the joint becomes red, the vessels become engorged, and pain and tenderness disappear. The absorption of blood and lymph is so much facilitated that subsequent massage becomes more effective. The bath, followed by massage and a rubber bandage, may be repeated morning and evening with great advantage.

These practical observations of well-known physicians and surgeons on a method of treatment which is valuable but not sufficiently appreciated may induce the reader to apply it in appropriate cases.



## CHAPTER IX.

### THE DOUCHE.

Most of the hydropathic procedures hitherto described demanded the aid of an assistant, whose hands applied the water directly to the body. The *douche* is the only procedure in which a mechanical effect is brought about without direct intervention of a second person, who is replaced by the force derived from atmospheric pressure. It is applied by means of a rubber hose, which at its proximal end is connected with the water supply, and to which at its distal portion is attached a nozzle, which may be supplied with tubes ranging from one sixteenth to one inch in diameter. A variety of douches may thus be produced, the fine or coarse jet douche or the fan douche. The latter is formed by placing the index finger of the hand holding the nozzle upon the upper border of the outlet, producing an expansion of the otherwise solid jet into a fan-shaped stream, which is played upon the patient like a broad water bench or fan. The jet and fan douche are the *douches à jets* of the French. The Scotch douche consists of alternating streams of hot and cold water, directed upon the patient, usually on the affected parts, *i.e.*, localized over them, as in sciatica and syphilis. Steam of low pressure is sometimes used instead of hot water. It must be remembered that steam will scald if not entirely free of water particles. The patient should stand at eight feet, and gradually approach the source until he feels the hot steam uncomfortably. The steam Scotch douche is rendered somewhat difficult by the fact that, while the cold water is applied at a distance of eight feet, the steam is ineffective at this distance and the patient is therefore required to move nearer, and then advance for the cold water. The alternations of temperature are made in accordance with the case. Heat is applied longer than cold. Beginning with thirty seconds of the former and twenty of the latter, a few seconds are added with each alternation, until one to five minutes have been consumed. The procedure is usually terminated by a cold fan douche over the entire body. The *douche-table* devised by the author is provided with an independent mechanism for the Scotch douche and with a steam supply. The latter should be allowed to flow until it issues quite free of water. Other forms of the douche are the *rain douche*, commonly known as

the shower bath, which issues from a rose a few feet above the patient (the reservoir supplying it being elevated fifty or sixty feet); the circular bath or *douche*, commonly known as the nozzle bath; the ascending *douche*, applied upon the lower part of the body from below, in the sitting-posture.

They are directed upon the patient standing about eight or ten feet from the nozzle. The docteur must hold the metal portion of the hose, in order to obtain quick knowledge of change of temperature in the water.

The stationary douches are in great favor in Germany, where the *douche nozzle* is not so popular.\* The modern *douche* utilizes all mechanical contrivances by which water may be delivered under more or less atmospheric pressure from a reservoir, which in cities feeds the ordinary water supply or into which it has been pumped. It may be furnished with pressure also by steam or hot-air pumping-apparatus.

The French have improved this hydropathic procedure, and really have made it the chief among all their applications. Charcot's name is well known as connected with this application, because his phenomenal success in utilizing the valuable knowledge, acquired by his countryman Fleury and others, in this branch of the art, has added to the great fame he has justly acquired as a diagnostician and practical neurotherapist. Charcot's *douche* is really a jet *douche* applied to the spine, and Fleury's *douche* consists of the shower and jet douches combined.

Hydrotherapy is, as the French represented by Duval, who is the most voluminous author on the subject, terms it, a perturbing action. The disturbing effect, produced by the more or less violent impingement of water upon the skin, is due to the same elements which in other procedures have been shown as necessary for the evoking of reaction, viz., the mechanical and thermic. The mechanical effect is enhanced by the height from which the stream falls and the size of the outlet. It depends upon the pressure under which the water is delivered, upon the size of the stream, and upon the distance of the patient from the attendant.

The *douche filiforme* of Lannet is a pump supplied with an arrange-

\*In the *Archiv für Balneologie und Hydrotherapie*, No. 2, 1892, Möller furnishes one reason for the neglect of douches in Germany in the fact that the apparatus for administering them in most hydrotherapeutic establishments is very imperfect. "Whoever would compare the *douche* to the 'Goss,' which reminds one unpleasantly of the theological water cure, should study the technical arrangements of a French institution. From America also have recently come some descriptions of apparatus which show great progress."

ment for great pressure, and connected with the finest possible outlet tube. That this fine stream may be made to penetrate the skin and produce destruction of tissue and consequent bleeding, the author has frequently demonstrated. This hydropathic toy is not so useful as a therapeutic means as it is for the demonstration of the fact that strong pressure may endow a stream of water with destructive power equal to the actual caustery. In proportion to the pressure applied we obtain an erythematous redness like that produced by a mustard plaster, or the destructive effect referred to. This affords evidence of the great flexibility of this hydropathic procedure. The latter is enhanced by the thermic effect, which again affords great latitude by reason of the varied temperatures which may be used. In this respect the douche differs from other procedures. It may be administered at a lower temperature than the latter, because the mechanical effect, being simultaneous, promotes reaction and thus furnishes the most stimulating of all hydropathic applications.

Here, too, the law referred to above is fully exemplified, viz., the colder the water and the more brief its application, the more complete the reaction. As we are enabled by the douche to overcome the paralyzing effect of any low temperature by the stimulus of the mechanical effect, we possess in this procedure a most powerful therapeutic weapon. This explains the great success of the French with the douche.

There are other advantages connected with it. The brevity of its application, which should never, at low temperatures (below 55°), exceed one minute, and should usually occupy only from ten to thirty seconds, upon any one part, saves much time and renders it much less disagreeable. The cold water, not reaching the entire body at once, does not produce a painful impression, as would be the case were the individual immersed in a tub of water at the same temperature. The rosy hue of the skin, which frequently ensues immediately upon the impingement of the douche, indicates at once that the chief end of hydrotherapy is being evoked, viz., reaction.

*Exposition.*—The rationale of the douche may be explained upon the general principles laid down in the first part of this work. There is an enhancement of the mechanical effect produced by the percussion and vibratory influence of a stream, which, being more or less divided, impinges in rapid succession upon different parts of the surface. This active thermic irritation arouses the vasomotor system more energetically than do other forms of bathing.

It is not necessary to dwell upon the fact that every physiological indication is fulfilled by the douche. The nerve-centres are aroused, the respiration is deepened, the circulation is invigorated, the secretions are increased.



The local action of the douche is also valuable. It is practically a thermic massage. It excites intensely the neuro-vascular structures; hence it is an admirable sorbefacient of pathological products. In the form of the Scotch douche, which consists of alternating streams of hot and cold water, it is especially applicable for this purpose. Its effects are enhanced, as in other procedures, by preceding applications of warmth, with or without moisture. The French are fond of using the hot-air box bath; the Germans prefer the dry pack, by which the sensitiveness of the skin is enhanced, as in other procedures, and with it the reactive capacity—auxiliaries which will be referred to later.

By variations of temperature and pressure, by changing the aperture of the nozzles, by increasing the number and form of the streams, as in the spray and fan douche and rain bath, the *mechanical effect* may be as materially modified as the thermic effect may be by increasing or reducing the temperature of the water. The experiments of Maggiori and Vinay\* show clearly that hydropathic procedures exert a very considerable influence upon the muscular system by reason of their thermic and mechanical effects; that cold chiefly produces an enhancement of muscular power; that warm applications diminish the latter if they are not combined with mechanical irritation. A rain douche of 50° F., under a pressure of two atmospheres, increases three-fold the sum of work the muscles are capable of doing. The Scotch



FIG. 51.—Fatigue Curve after Warm Bath following Muscular Fatigue.



FIG. 52.—Fatigue Curve before and after Warm Douche following Fatigue.

douche, oscillating between 98° and 53°, doubles the capacity of the muscles. Even douches of tepid water enhance the power of resisting fatigue in the muscles and increase the actual work which muscles

\* Detailed in *Bailliet für klinische Hydrotherapie*, January, 1892.

are capable of doing, while a tub bath of the same temperature is without decided effect. This is graphically shown by the "fatigue curves" (Figs. 50 and 51).

A hot rain douche administered at 106° F. for ninety seconds produces a disagreeable sensation, to which the patient soon becomes accustomed; there ensues a less pronounced effect upon the muscular capacity than from the fan douche, probably because the latter insinuates upon every part of the body successively, while the former strikes only the upper part of the body from above. It is clear that the mechanical effect of the douche compen-

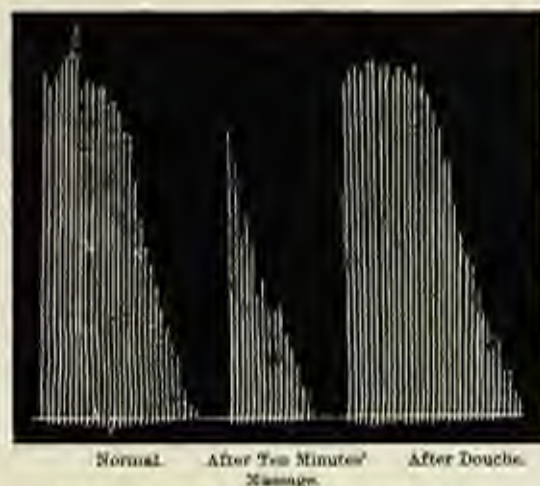


FIG. 50.—Fatigue Curve before and after Cold Douche.

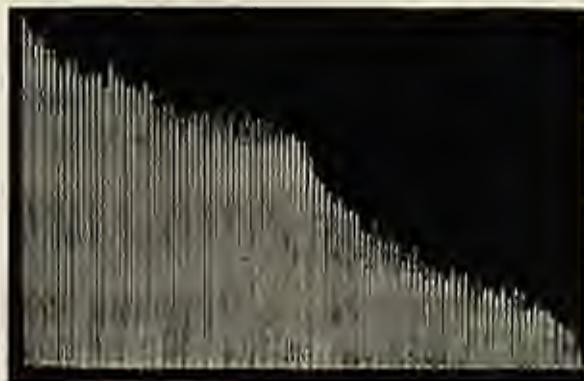


FIG. 51.—Fatigue Curve of the Left Hand after a Rain Douche (Shower Bath, 60° F., under pressure of two atmospheres).

sates for the loss of muscular capacity arising from warm-water applications. Thus far the experiments have shown only the enhancement of muscular capacity. The effect of the douche upon muscles already fatigued has also been investigated by Viñay and Maggiore

in a later week.\* In this series of observations the individual's normal curve was first taken. He was then subjected for five or ten minutes to severe muscular exertion, after which the "fatigue curve" was again registered. Now a douche was administered and the curve

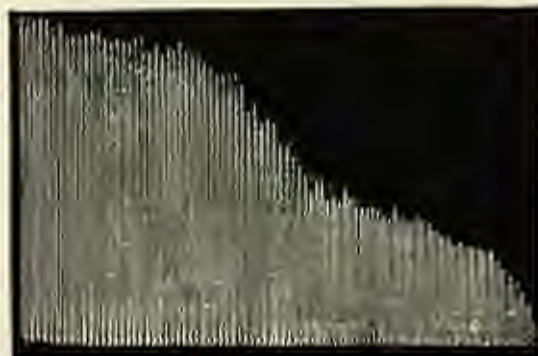


FIG. 54.—Fatigue Curve of the Right Hand after 100° F. Douche, 10° F.

was again noted. How effective a cold douche is for the purpose of counteracting fatigue is well shown by the subjoined diagrams (Figs. 52, 53, 54).

All these experiments demonstrate clearly the rationale of the douche in that the pressure under which it is delivered adds a

powerful element which is absent in most other hydropathic procedures.

The diagrams Figs. 50 and 51 show the inefficiency of the warm bath as a restorative, and the value of the douche for this purpose. It will be noted that the mechanical irritation produced by the douche endows even warm water with capacity to restore a fatigued muscle.

Figs. 51 and 52 illustrate the difference of effect upon muscular power between the cold and hot douche.

These experiments were made with the ergograph of Mosso, which registered the muscular resistance automatically.

We have thus a basis for the well-known refreshing and invigorating effect of the douche, which in France is so advantageously resorted to by men and women of feeble muscular fibre, by people who lead sedentary lives or lose their vigor in the whirl of fashionable dissipation. To endow feebly muscled children and youths with strength, to invigorate the lax fibre of those men and women who have neither time nor inclination to indulge in normal exercise in the open air, there is certainly no measure more valuable than the cold douche, carefully adapted to each individual in duration, temperature, and pressure. I do not refer here to diseased conditions, but simply to abnormal feebleness of muscle and the incapacity for normal work. The full corroboration of these views by so scientific and exact an observer as Dr.

\*Batter for *Muscular Hydrotherapy*, June, 1921.



W. B. Oliver\* is interesting and may attract attention to a method of bathing which possesses much value. Dr. Oliver says: "The influence of temperature *per se* is greatly modified by the mechanical agency of percussion and vibration, so that when the water is divided into innumerable fine jets, which impinge at different times over the entire surface, or when it is applied in the form of a travelling douche accompanied by a vibratory form of massage, the vasomotor system is much more powerfully affected than by any form of still bathing. The therapeutic advantages of this form of cold bathing are very considerable, for it can be made to furnish all the tonic effects of cold bathing along with an agreeable temperature that may be adapted to individual requirements. A most intelligent appreciation of the curative value of this and similar forms of tonic bathing now prevails at many health resorts, where in times gone by a course of bathing simply meant soaking in hot water with the consequent impairment of the vasomotor mechanism. The massage douche and needle bath is the form of bathing best adapted to counteract the enervating effects of city life, with all its attendant worries and anxieties, and were it established in our large centres it would, I am persuaded, prove to be a boon to many sufferers from nervous exhaustion, and would become even more popular and valuable than the Turkish bath."

The Scotch douche, which consists of more or less rapidly alternating streams of hot and cold water played upon the same part, is applied for the purpose of enhancing the temperature effect of the douche. Its effects upon the healthy organism have received special study in Russia, the results of which are summarized by Professor Sterodskoff, of Moscow,† It may be stated that the pressure of the Scotch douches in these experiments did not exceed one and a half atmospheres (twenty-two and a half pounds), which is much less than the obtainable pressure in the Hydriatric Institute (thirty-five pounds); their duration was never less than one minute, the maximum being four minutes; the temperature ranged between 113° and 59° F.

"The experiments were made on two soldiers and lasted twenty-seven days, the mode of life being monotonous and nutriment consisting of bread, milk, bouillon, and roast beef. The consumption of nitrogen was increased (25 and 23.8 per cent); assimilation of nitrogenous elements was increased (3 per cent); body weight increased; mouth temperature diminished 1-1.8° C., and remained somewhat lower (0.2°) after an hour. The pulse diminished 10-16 beats, and continued 6-10 beats slower for half an hour. The respiration was slowed 4-8 inspirations

\*Cosman Lectures on "The Blood and Circulation," London Lancet, June 27th, 1896.

†Blatter für klinische Hydrotherapie, November, 1893.

rations, continuing 2-6 slower for half an hour. Sense of location was diminished, i.e., the arms of the aesthesiometer had to be extended 8-11 mm. The electrical excitability became more pronounced, as proved by the diminution of the number of milliamperes of the constant current required for the production of muscular contractions; fifteen minutes later 1.09 milliamperes less were required for exciting the necessary nerve of Willis and the facial nerve. This effect lasted sometimes for half an hour. In order to obtain the minimum contractions of a muscle from the faradic stream fifteen minutes after a Scotch douche, a weaker stream sufficed. These effects may have been due to a diminution of resistance in the skin after being treated by the Scotch douche. Signs of pressure produced with a coin (modified procedure of Fleming) were observed in thirty instances. The evidences of pressure generally disappeared much more rapidly after the douche than before it, probably due to increased resistance of the compressed skin. The sense of touch was tested with Sieveking's aesthesiometer, and the temperature sense with Nothnagel's thermo-aesthesiometer, both showing decided diminution after the douche, the latter falling 1.8° C. and the former thirteen millimetres, due to reduction of nerve excitability.\*

Heggelin\* summarizes his observations on the douche as follows:

"1. Every cold or hot douche calls forth an increase of blood pressure.

"2. This depends (a) upon the individuality of the animal, (b) the force of the douche, the stronger increasing it more; and (c) its duration, which also increases it; (d) the first douche is the most effective.

"3. The duration of increased blood pressure depends (a) upon the individuality of the animal; (b) upon the temperature; lasting longer after cold douches.

"4. The after-effect of the douche, especially after frequent repetition, is a sinking of blood pressure (minimum, 2 mm. Hg.; maximum, 70 mm. Hg.), which continues for some time.

"5. Occasionally apparently spontaneous rises of blood pressure occur after the douche.

"6. Even after section of the vagus the blood pressure is increased by douches."

Upon the heart similar effects are produced. Each douche improved cardiac capacity, which depends upon the age of the animal (the younger the more favorably influenced), and upon the number of douches, the first acting better than the subsequent. The duration of the favorable influence upon the heart depends upon the same factors.

Heggelin makes the following practical deductions from his experi-

\* Inaugural Dissertation, 1904.



ments on animals. "Brief douches (ten to fifteen seconds) generally act better than those of longer duration; the general conditions should always be carefully observed when douches are used for a long time. The action of the heart certainly is improved by the douche; not only its power but the utility of its contractions is enhanced. In diseases in which a rise of blood pressure is to be avoided, the douche should not be used (aneurism, atheromatous conditions, etc.). It should be carefully applied in aged people suffering from respiratory troubles, because the rise of blood pressure in the left auricle, which sometimes is pronounced, may easily induce stasis with dyspnoea, hemorrhages, etc."

Ottfried Müller\* reports as the result of 2,000 experiments on the human being, that a strong douche increases blood pressure even if it is of neutral temperature, but that by increasing or diminishing the temperature the blood pressure may be increased or diminished, with this difference, viz., that hot douches accelerated the pulse, while cold douches diminished its rate. The temperature of the douches varied from 28° to 42° C. My observations are in accordance with those of Müller, with the exception that douches of 28° C. (82.4° F.) which Müller refers to as the highest temperature he used, produced no increase of pulse rate; but temperatures above 105° F. did increase it if prolonged beyond one minute. The jet douche produces greater blood pressure than the fan douche, by reason of the milder mechanical effect.

Ulrich† reports from Bringer's Hydrotherapeutic Institute of the Berlin University that his observations with the ergograph before and after hydropathic procedures show:

1. That the very hot, short douche followed by a brief cold douche affords the most invigorating effect, as has been demonstrated by Kellogg.
2. The Scotch douche, cold jet douche, half bath, cold rub, and brief dips in hot water, followed by a cold procedure, are invigorating in proportion to the mechanical irritation (friction or hydrostatic pressure).
3. Indifferent (neutral) temperatures are without effect.
4. Protracted warm baths enfeeble the muscles.
5. The removal of the fatigue which ensued after douches in healthy persons, and rarely failed in the feeble and sick, was more pronounced than the invigorating effect upon a muscle that was not fatigued.

*Effect of the Douche on Respiration and Tissue Change.*—Rulmer‡ found that a douche of 46° (R. 7) (68° F.), given before a meal, pro-

\* *Coagnum f. Intern. Medizin*, 1902, pp. 408-410.

† *Zeitschrift für experimentelle Pathologie und Therapie*, 1906.

‡ *Ibid.*, etc.



doed an increase of respiration volume amounting to 54.5 per cent, an increase of  $O_2$  excretion amounting to 149.4 per cent, and of oxygen consumption as high as 110 per cent. The respiratory quotient rose from 0.87 to 1.62.

*Heat Production.*—Differing from the effect of short cold baths is the heat production after cold douches, which, according to Janowsky, is decidedly increased, showing clearly the active influence of the douche upon tissue change. The total effect of the douche is more than double that of a short bath. The effect of the *Aet* douche upon heat production and elimination has been studied by Ignatowski.\*

<i>Hot Douche.</i>	2 min. after Douche.	14 hours later.	Change.
<i>Before douche of 24° R. (113° F.)</i>			
Weight, 79.1 kilos.....	78.8 kilos.	.....	Dim.
Heat elimination in 4 hour, 29,966 ..	21.7	22,546	Inc.
Heat production for 4 hour, 18,595 ..	13.9	12.0	Dim.
Rectal temperature, slightly reduced (0.65° C.).			
<i>Cold Douche.</i>			
<i>Before douche of 13° R. (53° F.) press 45 lbs., dur. 14 min.</i>			
Weight, 54.8 kilos.....	Same.	54.8 kilos.	Same.
Heat elimination in 4 hour, 20.85 ..	19.66	18.6	Dim.
Heat production for 4 hour, 16.82 ..	19.35	13.14	Dim.

The rectal temperature was slightly reduced (.55° C.) and rose later and higher than after short cold baths. Active movements during the douche, and the enhanced refreshment following it, increase reaction and therefore excretion of moisture, as well as heat production for about forty-five minutes, which is a much more protracted effect than that following short baths.

These laboratory and clinical observations on the rationale of its action clearly demonstrate how important it is to avoid a careless prescription of the douche—the nature of each special case, the conditions of each individual, his reaction to the douche, must be carefully considered. "We must individualize and control."

*Therapeutic Indications of the Douche.*—In all those diseased conditions in which the loss of muscular vigor is the result of feeble digestion, of depreciated nerve tone, or even of organic disease, the douche in its numerous modifications offers a method of restoring vigor which is often surprising by reason of the rapidity and completeness of the result. There is no hydropathic procedure that can approach it in improving the general circulation, as well as the tonicity of the smaller

\* *Loc. cit.*

vessels and of the tissues. It deepens the respiration, and thus gives rise to the exchange of gases which enhance tissue change. As Pospischi says: "The mechanical massage produced by a good fan douche sets the diseased structures into a vibration which cannot be overestimated and is not to be approached by ordinary manual massage."

It may be used in feeble subjects who are able to stand, because it does not abstract much heat; and may be preceded by the dry pack or brief hot-air bath, which accumulates upon the surface all the heat to be abstracted and thus forestalls any actual heat loss. In *hypertrophies of the liver and spleen, in chronic rheumatism, muscular force with and without cachexia, in many psychoses*, the superiority of the douche over all other procedures has been observed by the writer. Its application in some of these affections will be referred to at greater length.

In *enuresis of children*, I have observed great benefit from the circular douche in the New York Juvenile Asylum. Dr. Pendergrast reports\* eighty cases of enuresis which he has observed in an orphan asylum. "The usual treatment had failed, when one of the sisters suggested cold water. The child was made to stand in an empty tub, while cold water was allowed to run for several minutes over his shoulders and back from an ordinary watering-can. The child was dried, rubbed, and put to bed. Sponging with cold water had no effect.

"Eighty per cent of the cases were completely cured, while others were improved, without any other special attention to diet, etc. The boys were from six to twelve years old; some of them also suffered from enuresis during the day. This large experience and simple treatment are worthy of imitation, even if we cannot construct a plausible theory for the favorable effect of the latter."

In *anæmia and chlorosis, in neurasthenia of the depressed type, with introspection and melancholic ideas, in gastric and other troubles, requiring a brightening of muscular energy; in all those conditions in which an elevation of nerve tone is demanded*, we have in the douche a most powerful weapon for good, and I may say also for evil. Like a two-edged sword, it may inflict damage when carelessly used. It should never be administered without the prescription of a physician, who should designate the duration, temperature, and amount of pressure of a douche, whose effect is governed not only by these, which may be mathematically measured, but by the constitutional peculiarities of the patient and by modifications impressed by the existing disease.

*Cardiac Affections.*—The Parisian clinician Huchard expresses himself as follows before the Paris Academy of Medicine: "In heart-diseases and in various other pathological conditions, heart weakness is very often dependent, not only upon the heart itself and its innervation, but also

\* New York Medical Journal, June 11th, 1896.



upon peripheral resistance, and when this is overcome the general disturbance ceases." Here refers to the "peripheral heart" and its adaptability for combating symptoms of arterio-sclerosis, and claims that it is especially in these conditions that rational hydrotherapy renders such efficient service. The neutral rain douche is particularly applicable in these conditions. The duration is one to two minutes, the temperature being gradually lowered till the patient feels a pleasant sensation of cold, then increased again. This form of douche prevents a strong reaction and exerts a very favorable influence on the peripheral circulation. By this means the heart is greatly relieved and thus strengthened.

"The neutral douche furnishes the greatest security against high tension of the vessels. The gentle application of the water should not excite a sensation either of heat or cold; it should be adapted to the individual, and, to accomplish this, may be varied from 33° to 37° C. (91.4°-98.6° F.). The douche should be administered with very slight pressure, to avoid irritation, and is to be directed especially to each side of the spinal column. The duration varies according to the case, from three to eight minutes. This sedative application quiets the nervous system and circulation, and for this reason is indicated in all conditions which are caused by an increase of arterial tension."

*Increase of Arterial Tension.*—"The short cold douche improves arterial tension and restores the circulation to a normal condition. Applications of cold water have a widely differing influence, according to their intensity and the sensitiveness of the patient. These impressions act reflexly upon the brain and spinal cord, thus effecting a connection with all the tissues and organs of the body.

"By its reaction, as well as by its direct effect, a short cold douche produces an increase of nervous activity, of muscular contraction, and an acceleration of the circulation. This transient increase of the most important functions of the organism has something to do with the increase of arterial tension. Its extent is always in proportion to the intensity, duration, and reaction of the cold application. The short cold douche is for this reason a sure means of increasing pressure."

This brief review of the mechanism, rationale, and therapeutic indications of the douche, offers the principles for its application which would enable the intelligent institution physician to adapt it to the various diseases in which an improvement of assimilation and hematosis, elevation of depressed nerve tone, equalization of perverted nerve force, absorption of pathological products, or increase of tissue change is demanded.

An *imperfect mode of douching* may appropriately be referred to at this point. With the fact lost sight of that the chief element contributing to the value of the douche is the pressure with which we are



enabled to deliver it, the procedure is not infrequently prescribed in domestic practice. The patient or nurse is directed to attach a "sprinkler" to the bathroom or washstand faucet, and allow the spray to play upon the spine, back, or entire body. The writer's observation that such a procedure may be borne only by the most robust, and that therefore it is entirely unadapted to patients of feeble circulation or depreciated nerve tone, is doubtless shared by many. His first experience with a warm bath followed by such a cold spray was obtained in midsummer, the cold water being about 70°. Ten minutes after the spraying, he found himself unable to turn his head or move his right arm without severe pain. Then a brief but sharp attack of myalgia was inaugurated. Since that time patients have often related a similar experience, or stories of chilling, which led them to conclude that they "could not bear cold water." The reason is plain. In the upper stories of most New York, and probably also in other city houses, the water pressure is not over ten pounds, in the third story it may be only three or four pounds. The stream issuing through a sprinkler would therefore be a "drizzle;" the mechanical effect being slight, reaction is not developed, the result being chilliness and depression rather than warmth and stimulation. Except in large apartment houses receiving the water supply from tanks upon the roof, private city residences do not furnish sufficient pressure for a good douche. Moreover, a douche cannot fulfil its purpose with any degree of satisfactory result unless a thermometer be so arranged as to facilitate the proper admixture of warm and cold water, and to indicate the temperature after admixture. Properly to adapt the douche to each case and the varying phases of the case, a pressure gauge is also necessary. Such an arrangement being rarely found in private houses, the douche should be administered in institutions only. In this respect, therefore, this procedure differs from others, as ablutions, packs, and the various baths, all of which are more conveniently administered at the patient's home, if a properly instructed attendant can be obtained.

Having observed that many patients have been discouraged by the improper use of the douche as well as of other procedures, and others have been led to regard themselves as possessing an idiosyncrasy against "cold water," the author deems it important to reiterate his warning against imperfect hydrotherapy, whenever opportunity offers, in a work which aims to become a practical guide to the general practitioner in the judicious therapeutic use of water.

*The Douche in Hydroelectric Clinics.*—For the demonstration of the physiological and therapeutic effects of hydrotherapy the douche is well adapted, by reason of its capacity for rapid and perfect application of temperature, duration, and pressure which may thus be shown to students upon whose minds valuable and enduring lessons may thus

be improved. In the hydrotherapeutic department of Columbia University (College of Physicians and Surgeons), which is part of the Vanderbilt Clinic, the douche apparatus devised by the author, and constructed under his direction by the Hydrotherapeutic Apparatus Co. of this city, is in successful and satisfactory operation. The object being chiefly for instruction, only males are treated, for obvious reasons.

For polyclinical work the douche presents the great advantage of rapidity of treatment and establishment of a reaction which does not compel the patient to remain indoors and thus crowd the clinic. As an illustration may be cited the Hygienic Clinic at 269 West Sixty-ninth Street, which I established twelve years ago. During the year ending June 30th, 1904, 27,355 douches were administered, always preceded by hot-air baths to enhance reactive capacity. This is an average of 75 for each day; the institution is open four hours on Sunday morning. This rapid disposition of patients without neglect or superficial attention, is accomplished by rotation which is facilitated by drying-rooms in which two patients may dry themselves while a third is receiving the douche. The doucheur or doucheuse only assists feeble patients, whose number is insignificant. A masseur assists in placing the patients into the hot boxes, wrapping their heads in cold turbans, watching extent of perspiration, administering small cold drinks, and removing them from the boxes, and otherwise assists with the distribution of towels, etc. Despite this large number there are other hygienic procedures administered. The large clientele of this clinic is furnished by the outdoor departments of the New York, Roosevelt, Presbyterian, Postgraduate, Mt. Sinai, Bellevue, and Beth Israel hospitals, and by the dispensaries of the Cornell and New York and Bellevue medical schools, German, St. Bartholomew's, and other dispensaries. As other procedures require more time than can be allotted, about 96 per cent of the cases receive douches, which are substituted for them because the duration, temperature, and mechanical effect can be modified to suit each case; the exception being wet packs and continuous or other both baths in rheumatism and other diseases of faulty tissue change.

The author would recommend the adoption of the arrangement illustrated and described under the caption of "Hydrotherapeutic Apparatus" for purpose of institution work and for clinical work. Thousands of cases have demonstrated its value. The proper construction of the apparatus is an important consideration. If the material or workmanship is defective it may not be viable until the apparatus ceases to be useful. The cost of repairs is the least disadvantage; the loss of treatment for patients requiring it is far more disturbing, especially if the apparatus, or part of it, must be sent away for repairs.

## CHAPTER X.

### THE HIP BATH.

THIS method of applying water to the lower part of the trunk is sometimes termed a *sitz bath*, from the German *sitzen*, to sit, because the patient sits in a tub of water which covers the pelvic portion of the body, usually as far as the umbilicus.

The hip bath is prepared as follows: An oil-cloth, covered by one or more blankets, is spread upon the floor; a tub, shaped as indicated in

Fig. 55, is so placed that its posterior border stands upon a line with the posterior edge of the outstretched blankets; water of the prescribed temperature having been prepared in pails, the tub is filled to one-half its capacity. The patient, having his head covered with a damp turban, is now seated in the tub, with his lower extremities passing over the anterior edge of the tub. To prevent pressure, the popliteal surface of the knee should be made to clear the edge, and be placed at a sufficient angle with the thigh to be comfortable. If the patient be of short stature, a small stool or other support for the feet may be made to raise the lower extremities sufficiently off the floor to permit the knees to clear the edge of the tub. The upper blanket is now snugly wrapped around the feet and legs, because the latter, being outside of the tub and not subjected to friction, are liable to



FIG. 55.—Hip Bath.

become cold. The feet may be held within a small tub of water at 105° to 110°, as a substitute for the blanket.



If the patient is very sensitive, or water of a very high or a very low temperature is to be used, it is advisable to allow the water in which the patient is seated to be of five or ten degrees lower or higher temperature in the beginning, in order not to shock or disturb him; but this is scarcely necessary. A sufficient quantity of water of the proper temperature is now rapidly added in such manner that it flows into the tub without touching the patient, while he is made to use active friction of the lateral and anterior submerged parts of the body. The entire preparation of the bath should be accomplished quickly, to prevent discomfort. Unless otherwise ordered by the physician, the attendant should apply friction during the entire bath, passing his hands with or without a washcloth or a bath glove over the entire lumbar and lateral regions, while the patient applies friction over his abdomen and thighs.

A badly executed hip bath will chill the patient or render him otherwise uncomfortable. The nurse should therefore carefully attend to an exact execution of the above directions, especially with regard to the comfortable posture of the patient and active friction.

*Ratiocale.*—The exact and interesting experiments made by Drs. Schweinburg and Pollak, under the guidance and at the suggestion of Professor Winternitz, afford a rational basis for deducing the therapeutic effect of hip baths. The individual was placed into an empty tub, in order to avoid errors arising from change of pressure, and covered with blankets. Dodgeon's sphygmograph was secured to the radial artery in a comfortable position of the arm; the carotid pulse was counted, and the blood pressure of the temporal artery was recorded. Now water at the desired temperature was poured into the tub. Thus the observations were made before, during, and after the hip bath. The results were as follows: The hot hip bath (104°–113° F.) produced almost without exception slight increase of the pulse rate and occasionally considerable reduction of blood pressure, while the cold bath (50°–54.5°) produced a slight diminution of the pulse rate and occasionally considerable elevation of blood pressure.

According to Winternitz, the Sitz bath is a potent factor in influencing the circulation of that immense vascular area comprised in the intra-abdominal vessels. This system of vessels may be compared to a reservoir of flexible dimensions, whose mission it is to receive temporarily all blood from other parts, to which it is again returned when needed. The capacity for changing their calibre and area renders the intra-abdominal vessels a kind of safety valve for regulating the pressure relations in the entire vascular system, as has been shown.

Any procedure, therefore, which may powerfully influence these vessels must be potent for good as well as for evil. It has already been

mentioned in the first part of this book (page 46), that the plethysmograph distinctly registers an increase of volume in the upper extremities when an individual is placed in a cold sitz bath. There is a rush of blood to the head, manifested by the usual symptoms. Otherwise the effect is the same upon the respiration, circulation, tension, etc., as from the impact of cold water upon any other part of the body. There is no other method by which blood may be driven to the upper portion of the body. All the effects of this bath may be traced to a reflex excitation of the sympathetic nerve.

Hip baths from 50° to 70° F., of from ten to twenty minutes' duration, excite the vasomotor nerves of the abdominal organs, contracting these vessels, diminishing their calibre and contents, and, as a result, the intestinal secretions and peristaltic movements.

The *therapeutic indications* based upon this rationale of the action of the hip bath are readily deduced. In all conditions of hyperæmia of the intra-abdominal organs, in diarrhea and dysentery, hip baths may be of great service. Brief dipping of the lower abdomen into cold water, on the contrary, produces hyperæmia of the organs, increasing the tone of the intestines, enhancing their functional activity, while prolonged hot or cold hip baths (of one or two hours' duration) produce a relaxation of the intra-abdominal vessels and a corresponding effect upon the blood distribution in neighboring parts. Winternitz insists, and I am able to corroborate this clinical observation, that there is no remedy which is so efficacious in the most obstinate diarrheas as a cold hip bath which has been preceded by an energetic wet sheet rubbing. The latter increases the cutaneous vascular area, while the hip bath of 50°-66° F. excites the sympathetic, contracts the intestinal vessels, and diminishes peristaltic action, if prolonged.

In *diseases of the urinary and sexual organs*, brief cold hip baths are useful, when there is a sluggish circulation or stasis from chronic congestion or inflammation, while in active pathological conditions they are contraindicated. Hence, in impotence, spermatorrhea, subacute and chronic ovaritis, in atonic conditions of the uterus and its ligaments, in amenorrhea and passive metorrhagia, these baths are indicated, as also in passive congestions of the brain, lungs, and liver, in gastric and intestinal ailments, constipation, etc.

The most striking results have been observed by the author in those cases of *profuse menstruation* which drag on from month to month, leaving the patient exhausted and anæmic and thus establish a vicious circle which maintains the drain. When curetting has failed or is not indicated, the flow being maintained by a feeble local and general circulation, hip baths of five or eight minutes, in water at 83° F.,



with constant friction, followed by affusions or preferably by the circular bath and then douches at the same or a lower temperature, far exceed all medicinal agents. It is the author's custom in such cases to order the hip baths at 85° F. for eight to ten minutes, terminated by an affusion with water at 70° or less for general tonic effect on the fifth day of the menstruation, when the latter arrives at a distinct period, and to continue it daily until the flow has ceased. If no distinct period exists, the hip bath should be ordered after the flow has become profuse, and it should be continued until the flow ceases. Not only will the drain be thus checked, but the tonic effect of such a bath will counteract the depreciated systemic condition and restore the patient's health and spirits. Most women object strenuously to the cold hip bath in menstrual disorders. It is therefore wise to forestall their fears by reassuring them of the necessity and great value of brief hip baths in these conditions.

*Contraindications.*—Cold hip baths are especially contraindicated in all irritable conditions of the uro-genital organs with frequent emissions. It is a serious and common error to suppose that the ordinary cold hip bath is calming or depressing to the pelvic organs. It is certain that a very brief dip of the pelvis into cold water increases the energy and pressure of the portal circulation. The prolonged cool hip bath, on the contrary, reduces temperature for the time, and tends to prevent reaction and consequent stimulation. Such a hip bath may aid in relieving inflammatory conditions, if it be of ten or twenty minutes' duration and of 50°–60° F. In cystitis, urethritis, uterine hemorrhage, and prostatitis, in diarrhoea, dysenteries, these prolonged hip baths are exceedingly useful. When a decidedly calming effect is desired the warm hip bath of one or two hours' duration, 95°–100° F., is a long-established remedy for vesical tenesmus, menstrual pains, etc.

But the most valuable pelvic antiphlogistic hip bath is produced with water at 50°–80° F., with friction. The author has found a gradually cooled hip bath, beginning at 90° and gradually adding ice-water from a pitcher so as not to touch the body until 80° are reached, useful in chronic utero-vaginal trouble, when not connected with pus formations.

An excellent practical article by Misiowitz\* summarizes the effect of hip baths as follows: "Brief cold hip baths, whose effect is excitant and productive of intense reflex hyperæmia, are indicated in *paralysis of the muscular fibres of the bladder and intestines; in prolapsus ani, spermatorrhoea, prostaticorrhoea, impotence of men arising from muscular*

\* "Klinische Untersuchungen über die Wirkung der Sitzbäder bei Krankheiten des Urogenital-Systems und anderer Organe der Bauchhöhle," *Wiener klinische Wochenschrift*, 1883, No. 12.



debility and cutaneous anæsthesia; in weakness of the uterine ligaments; prolapsus uteri; leucorrhœa due to chlorosis, and menorrhœia; some forms of *pessitis hæmorrhagica*; *liver hyperæmia*; muscular atony of gastric and intestinal coats, manifested by constipation, flatulence, etc.

"Cold hip baths are contraindicated in conditions of excessive irritability, active hyperæmia or inflammation of the pelvic organs; in increased sexual irritability, pollution; in vesical and rectal tenesmus; and in active menorrhœgia.

"The prolonged cold hip bath possesses entirely different properties; it reduces the temperature of the abdominal canal for a considerable time, quiets the centres controlling the abdominal organs, diminishes tissue change, and does not so much cease blood to accumulate as it enhances the tone of the arteries; it facilitates venous flow and regulates the normal circulation. It is therefore indicated in hemorrhages from the urethra, bladder, intestines, and uterus; in infections and chronic catarrh of the uterus; in hemorrhoids, perimetritis, peri-orchitis; in gonorrhœa, prostatitis, proctocolitis; in obstinate or bloody diarrhœa; in inflammation of the adnexa and uterine ligaments. The prolonged hip baths are contraindicated in the muscular contractions, observed in so-called uterine colic and in acute cystitis and intense tenesmus. In these cases, when tonic and spastic contractions of the muscles and vessels are produced by excitability of the vasomotors, warm and steam baths are indicated. The latter are therefore most effectively applied in tenesmus of the bladder, urethra, and rectum; in vesical spasm produced by sexual or dietetic excesses; in menstrual and uterine colics; in contraction of the ureters and nephritic colic; and in menorrhœa of the catamenial period.

"The effect of prolonged lukewarm (72° F.) hip baths resembles the effect of cold hip baths (50°-63°). They do not produce excessive reaction and they reduce the abdominal temperature for a considerable time. They calm the terminals of the sensory nerves and produce a slow and equable exercise in the muscular coats of the vessels. Antiphlogistic action is, *par excellence*, the chief indication for the prolonged lukewarm hip bath in catarrhs of the urethra and its adnexa; in hemorrhoids, leucorrhœa, and uterine infarction; in metritis, cystitis, proctitis, hemorrhoids, oophoritis, colitis, and typhlitis."

In constipation with anæmia the favorable results of brief hip baths are occasionally striking. Seated in a bath of 83°, daily reduced two degrees until 60° is reached, the patient's abdomen is well kneaded and rubbed. After removal from the tub, an abdominal douche followed by a general fan douche enhances the effect of the hip bath in the constipation of anæmic women.

## CHAPTER XL

### IRRIGATION.

THE application of water upon diseased surfaces and in cavities has been aptly termed irrigation, because the contact of the water with the surface treated is brief and its action chiefly local.

The most convenient apparatus used for this purpose is the ordinary fountain syringe, which is now made sufficiently large to hold the quantity of water required for any purpose, and which may be replenished when necessary. In order to obtain the required pressure the reservoir is suspended from a sufficient elevation for the purpose indicated. In gynecological cases the rubber bulb syringe is preferred by some, for reasons which will be referred to later.

The technique of irrigation differs in accordance with the purpose for which it is applied, and will therefore be described under the following heads:

1. Lavage. 2. Enteroclysis. 3. Irrigation of the genito-urinary canals. 4. Miscellaneous.

#### LAVAGE.

*Lavage* is a term applied to the irrigation of the stomach. Its technique differs in infants and adults.

The method of introduction in infants is as follows: A No. 8 Nélaton or Jacques catheter, connected by a piece of glass tubing to the tube of a fountain syringe containing a quart of water at 93° or 100° F., to which a level teaspoonful of salt or bicarbonate of sodium has been added, is gently but firmly pushed through the pharynx or nose into the stomach of the child, while the latter is held upright in the nurse's arms. In young infants this is not a difficult procedure, as they will aid it by sucking the tube. In older children it is so difficult sometimes that it is better to avoid it. The procedure should not be applied in the presence of the mother or of anxious friends, because it occasionally produces a distressed and cyanotic appearance of the baby's face, which, however, is evanescent and does not denote harm, but may interfere with the measure in many instances. The catheter may be introduced separately, and after being lodged in the stomach may be connected with the fountain syringe containing the boiled water. The infant usually vomits the water received, but it is better

to disconnect the catheter from the syringe and allow the water containing products of fermentation, mucus, and undigested stools to escape through the tube. The tube should be firmly held near the mouth to prevent its being washed out by the gushing water. When the procedure is finished the catheter should be pinched between the thumb and forefinger of the right hand, and withdrawn rapidly; its distal end is then held over the basin and the pinching held relaxed, in order to empty its contents. This precaution is necessary and important, because it prevents the possible flow of the fluid and solid matter contained in the catheter from the open end of the latter into the child's larynx.

*Therapeutics of Infantile Lavage.*—Next to proper regulation of diet and hygiene, the mechanical effect of gastric irrigation is a valuable remedial measure in obstinate affections of the gastric and intestinal tract. For the removal of the ingested and multiplying bacteria from the gastro-intestinal canal of an infant with summer diarrhoea, irrigation by a soft-rubber tube, as introduced by Epstein and earnestly advocated by Seibert, offers a valuable resource in obstinate cases, even after failure of the most reliable remedies.

*Lavage for Adults.*—The method of applying lavage differs somewhat when the patient is an adult. The patient is seated upon a chair with another chair in front of him. A large towel, sheet, or, better still, a rubber apron is secured by tapes around the neck and allowed to cover the entire front of the body, in order to protect the clothing. A long, soft, but firm rubber stomach tube, with an open end and one eye near the latter, and from two to six quarts of water being in readiness, a basin is placed upon the chair in front of the patient. Artificial teeth, if present, are removed. The patient is requested to sit upright with his head thrown back. The physician, standing on his right, dips the lower end of the tube in warm water (oil is unnecessary and injures the tube eventually). Holding it like a pen between the thumb and forefinger, he introduces the tube over the tongue, without touching the latter, until it strikes the back of the pharynx. The patient is now told to swallow and to bend his head forward. In the first effort gagging may ensue, but an abundant mucus is soon secreted in the throat which lubricates the tube. The patient should be reassured, if he complains of feeling choked or distressed, by informing him before the unpleasant symptom occurs that this is the usual effect, and that if he will keep his mouth well open he cannot choke, because there is ample room in the pharynx for even a larger tube. The physician must refrain from sharing the patient's excitement, and by calm demeanor reassure him when he, as is often the case, protests that he is utterly unable to obey instructions. Several attempts may



be required, and these should be made with perfect calmness and without hurry or appearance of disappointment on the part of the physician. In many hundreds of instances I have rarely failed. It is a common observation to find some patients who at first declared it impossible to swallow the tube becoming so expert that they execute the entire process without any assistance. Sometimes an obstruction is met with at the cardiac orifices which checks the onward passage of the tube. If an assistant will pour warm water into the funnel at this moment, the spasm will relax and the tube pass steadily down. At times it is necessary to move the introduced portion back and forth. This, however, should be avoided, because it produces gagging. It will be found that each introduction is more free from trouble and distress. The tube being introduced to the line mark usually found upon it (the distance, however, may be measured in each case by laying the tube along the curve of the proposed course from the mouth to the xiphoid cartilage), the patient, or, better, an assistant is asked to hold it lightly but securely near the teeth, the mouth being held open. Having ascertained that the tube has not entered the trachea (an accident which I have observed), water is now poured into the tube through a funnel connected with it. If vomiting ensues, the patient is quietly asked to lean over the basin and allow the vomit to flow out around the tube. He should be informed before the beginning of the procedure of the probability of vomiting, and should be assured that he may readily do so without removing the tube. If the irrigation be done too early after a meal, or if undigested food or large quantities of tenacious mucus obstruct the fenestra and lower opening, the water should be made to flow from a greater height by holding the funnel up. Sometimes it may become necessary to remove the tube, clean it, and reintroduce it. This renders the process more troublesome, especially if it is the initial effort. Hence it is advisable to make the first irrigation six or seven hours after luncheon, or before breakfast, when such stoppage is not likely to occur. After about a pint of water has entered, the funnel, still held firmly, is turned down into the basin, for the purpose of forming a siphon. This should be done quickly, *while the water is still flowing*, in order to establish perfect siphonage. A neglect of this simple point may defeat the proper emptying of the stomach. If the water does not flow out readily, the tube may be introduced farther or withdrawn a little. When the stomach has been well irrigated and the water returns free from mucus or particles of food, the thumb and forefinger should grasp the tube firmly in front of the patient's teeth, and withdraw it rapidly. Bardeleben has reported a case of "Schluck-pneumonie" from neglect of this precaution.

During the whole procedure the patient requires reassurance. I have sometimes succeeded in inducing timid patients to make the attempt, after a failure, by allowing them to witness the introduction in a well-drilled person. This is rarely necessary, however; patience,



FIG. 56.—The Intragastric Resuscitator: the gastric end of the double tube covered by the inflatable soft rubber bag.

calmness, reassurance, gentleness, and skill in manipulation and overcoming obstacles will surely succeed in nearly every case.

This description has been somewhat minute, because experience convinces me of the value of the details, which the reader will do well to master.

Some modifications of this technique and especially new apparatus have been devised by Dr. Fenton H. Turek, who induces a more stimulating action upon the mucous lining of the stomach by delivering a needle spray instead of a jet douche, by an ingeniously constructed apparatus. A valuable method of applying hot water for general stimulating effect in collapse is suggested by Dr. Turek,\* and named by him "the intragastric resuscitator." The accompanying illustration explains the apparatus. The double tube with attached rubber bag is passed into the stomach, and a continuous current of water, beginning with 125° F. and gradually increasing to 130° or 133°, is passed into and through the rubber bag, while *in situ* within the stomach, for half an hour. Turek claims, and cites a case of Reynaud's

\*The Lancet, January 26th, 1900, p. 214.

disease is proof, that the exhaustion produced by passing large quantities of warm water directly into the stomach (which dilate the splanchnic vessels) is avoided, and stimulation without exhaustion results; also that none of the necessary secretions are removed, and that the degree of temperature and quantity of water are entirely within control.

*Rationale.*—The action of lavage upon the stomach is chiefly local. The large quantity of water flowing into the gastric cavity from a height of three or four feet, which furnishes nearly two pounds' pressure, laves the mucous lining and removes tenacious mucus from its walls. Fermenting material and undigested food and detritus are removed by the outflowing stream, cleansing and purifying the organ. Distension by the rapidly entering stream stimulates the muscular walls to peristaltic effect and thus aids the splanchnage. In dilatation of the stomach very large quantities may be retained, and the organ may thus be paralyzed, hence the precaution not to exceed one pint without making an effort to remove it.

When cold water is used, the effect is the same as when it is applied on the cutaneous surface—a neuro-vascular excitation causing contraction and subsequent dilatation of the gastric vessels, and a stimulus to the local nerves. This is verified by some investigations by Lunini,\* which furnish the interesting discovery that lavage produces a general effect also upon the system. These experiments were instituted in patients suffering from chronic gastric catarrh, with and without dilatation of the stomach, as well as in healthy individuals. A series of irrigations with from two and one-half to twelve litres of ordinary water was made before breakfast, at 9 A.M. and 4 P.M. Every observation was divided into three periods—before, during, and after irrigation, and each person was tested for seven days. The quantity of urine was not increased, no matter how large the quantity of water employed. Absorption of water was extremely slight. The acidity of the urine was diminished, not only immediately after the irrigation but also for an entire day subsequently; sometimes the urine attained a neutral reaction. The quantity of chlorides was diminished in proportion to the quantity of water poured in. The phosphates were slightly increased. In most cases the daily quantity of urine was diminished after lavage, when the latter was continued for some time, especially in gastric dilatation. The N constituent of the feces was also reduced below the normal. The weight was increased in the healthy as well as in those suffering from stomach troubles. Their general condition was improved, appetite increased, and

\*Transactions of the Accademia di Fisicocritici in Siena, 1886, quoted in the Deutsche Medicinal-Zeitung.



digestion was regulated. Lavage exercised a favorable influence upon intestinal disinfection, as evidenced by reduction of the indoxyl-sulphate of potassium. Luzzini concludes that lavage improves the digestive and absorbing powers of the digestive tract and favors the accumulation of nitrogenous reserve substances; it also acts indirectly as an agent for disinfection of the organism.

Fenton B. Turk has reported\* some valuable laboratory experiments. Among his conclusions are the following: Extreme heat and cold applied within the stomach or intestines produce marked splanchnic congestion, resulting in collapse. After the loss of a large quantity of blood, it is possible to stimulate and reanimate by the application of moderate heat within the stomach or colon, which is more active and prompt than subcutaneous saline solution. Heat applied by the intragastric hot-water bag and double tube increases the blood pressure, stimulates cellular activity, and reduces shock.

*Therapeutic Indications.*—Lavage is used for diagnostic as well as curative purposes. Its value as a diagnostic agent in dyspepsia has so frequently come under my observation that I regard its diagnostic importance equal to its therapeutic value. There is no disease that perplexes the physician more than do the various types of dyspepsia. To diagnose an ordinary atony (gastric atony) or a sclerosis of the stomach from other forms of gastric trouble is not devoid of difficulty. When a case of chronic dyspepsia presents itself, it is my custom to bid the patient eat a full meal at 12:30 P. M. and present himself at 5:30 P. M. for exploratory irrigation of the stomach with tepid water. The stomach should be thoroughly washed out, even if several quarts of water are required, but no larger quantity than one pint should be introduced at once. The washings should be carefully inspected, when it will be readily discovered if the patient has masticated the food thoroughly and if portions of food have remained undigested. Thus a clue will be afforded the physician to the actual digestive powers of the patient, and the latter obtains a valuable guide for future conduct. If the washings contain mucus, it is important to distinguish between stomach and throat mucus. The former is a thick, tenacious, brown mass, which floats upon the surface of the water like the scum on the surface of a pond; the throat mucus is thin, transparent, stringy, and may be quite abundant, being the result of irritation by the tube of the pharynx and oesophagus. The quantity and quality of the stomach mucus indicate with some accuracy the condition of the gastric mucous membrane. Its rapid or slow disappearance under renewed irrigations and treatment indicates the character of the disease affecting the mucous

\* Reprint from Proceedings of the American Gastro-Enterological Association, Washington, D. C., May, 1900.

lising and the progress of the case under treatment, much more reliably than any other treatment of the usually hypochondriacal patient.

*Wash of the Stomach.*—In the treatment of mild or recent cases of gastric catarrh in which lavage for diagnostic purposes has shown the presence of tenacious mucus, undigested food, and fermenting material, a daily lavage is a valuable adjunct. In cases of long-standing gastric catarrh, the most unpropitious type that comes under the physician's care, the diagnosis may be at once established, but their treatment by irrigation is not so successful as in those of recent origin. As an addition to hygienic and dietetic management, lavage is useful, however, inasmuch as it frees the stomach thoroughly from accumulations of fermenting material and tenacious mucus, and prevents the over-distention by gases, which paralyzes the motor functions of the gastric walls and forms an almost insurmountable obstacle to recovery.

The time at which these irrigations are most useful has been discussed with much earnestness and even with some acrimony, so greatly do observers differ upon this subject. Riegel and others insist that this lavage is most successfully applied at bedtime, because it enables the stomach to be restored to a nearly normal condition, free from fermenting material and particles of undigested matter, during the night. There is doubtless good reason for his preference in the fact that in Germany supper is usually a light meal; but in this country, especially in cities, where the last meal is the largest (dinner), and is taken three or four hours before retiring, much good nutritive material would be lost by this practice. In this country, therefore, it is desirable to resort to irrigation in the morning, except in cases which are under constant supervision, in which the interval between the last meal and the irrigation may be made longer and the meal of less substantial food. The time must depend a good deal upon the individual case. When, for instance, we have a case characterized by accumulation of large quantities of tenacious mucus, which interferes with digestion and demands large quantities of water, I am in the habit of washing the stomach a short time before dinner, directing the patient to make his luncheon of some light broth or hot milk at noon. Five hours suffice for digestion; if the stomach contents have not been disposed of in six, it is probable that they will be propelled into the bowel undigested, and will, therefore, be lost to nutrition. Hence a luncheon at twelve or one, and lavage at six, are most suitable for business men and women suffering from gastric atony.

Professor Fleiner\* refers to lavage as follows: "In almost all cases lavage is of great service to the empty stomach even in the morning.

\* *Ueber die Diagnostik und Behandlung gastrischer Störungen des Magens.* Munchener medicinische Wochenschrift. No. 48, 1897.



Regular irrigations, which really can be executed only in institutions, produce an excellent appetite. The changing distention and emptying of the stomach act upon the walls of the stomach like local gymnastics. Motility is rapidly improved, atony disappears, the stomach empties more rapidly, fermentation and abnormal formation of acid cease; also nervous pains in the stomach, upon which irrigation acts like a warm douche, being relieved."

In *malignant disease* of the stomach, gastric lavage often serves to prolong life and give comfort. This was illustrated by the case of a busy lawyer under my care, in whom the products of decomposition produced an offensive odor in the washings and were mingled with such enormous quantities of mucus that six or eight quarts of water were required for complete cleansing. He had vomited, prior to treatment, every other day for months, and thus, being partly freed from the accumulations, managed to attend to his large and exacting business. There was not a particle of hydrochloric acid in his stomach, according to frequent analysis. The motor power was so far in abeyance that particles of food were recognized in the washings twenty-four hours after he had partaken of it. This case was completely *relieved of symptoms*, requiring only biweekly washings. It proved to be a case of pyloric stricture of malignant character, for which the patient was operated upon and to which he finally succumbed. Lavage served to make life tolerable and to prolong it.

When the motor function of the stomach is impaired without other organic involvements, as in anæmia or other conditions which depreciate the general muscular and nerve tone, lavage should not be resorted to habitually. A weekly or biweekly evacuation suffices for diagnostic, prognostic, and therapeutic purposes, while other appropriate treatment is resorted to for the restoration of the general condition. In all atonic conditions it is a useful practice to terminate the lavage, after thorough emptying of the stomach, by pouring into it six to eight ounces ice-water (40° F.) and *siphoning it out immediately*.

*Dilatation of the Stomach.*—The complete emptying of the stomach, as often as may be indicated, may restore the contractile capacity of the stomach walls, just as the catheter does in ischemia occasionally, and thus lavage may aid in restoring its lost shape and size.

In all cases of this kind, not due to actual stricture but simply to gastric catarrh, with excessive fermentation, and mucus, which encourages the formation of butyric acid, gastric irrigation five hours after meals, either before dinner or breakfast, is perhaps the most valuable therapeutic resource we have, if cautiously introduced.

In *nervous dyspepsia* we may be urged by patients who have already used it to frequent irrigation, on account of the alleged gastric



fulness of which they complain; it is wise to resist these appeals. An occasional irrigation cleanses the stomach of possible accumulations, rare though they be, and exerts a psychical effect which is of some value. The products of fermentation require only occasional removal in these cases. The use of small quantities of ice water in lavage acts as a douche upon the stomach walls, and aids other means, such as electricity, etc., in restoring its tone. Rosenheim reports from Leyden's clinic\* on the value of douching the interior of the stomach with fine streams of warm water, plain or medicated, which are delivered with considerable pressure. He has found a douche of water of from 95°-110° F. an excellent calumative and gentle stimulant in nervous dyspepsia, moderate catarrh, and other stomach troubles, which often yielded in a remarkable manner in a very short time.

*Gastroptosis.*—The most frequent etiological factor of this distressing malady, when not due to gastric ulcer, is the presence of fermenting remains of undigested food. Whether they or some disturbance of the nerve supply be the cause, an irrigation with water at 110° F. in large quantities is one of the most valuable measures. The following description of a case treated in Kneissel's clinic illustrates the value of this simple procedure. "A woman, twenty-two years of age, suffered after three years of dyspepsia from agonizing gastralgia, which failed to yield to all remedies, including electricity, wet compresses, blisters, etc., and was relieved only by morphine. Becoming habituated to the latter, she gave up work, and entered the clinic in a miserable condition—feeble, emaciated, pale, her abdominal wall covered by cicatricial knots from hypodermatics, etc. Diet, rest, etc., were unavailing; morphine was still required. Her stomach was now irrigated with warm water every morning, while empty. The water returned almost clear and a little acid. This was continued with relief of pain and renewal of appetite. Carbonated water, mixed with plain water at 100° F., was now substituted, two or three litres being used. In three weeks she could eat beefsteak, etc., and take a walk. Warm baths at night, of ten minutes' duration, were now administered with great benefit. The morphine injection gradually became less necessary. To aid in obtaining spontaneous actions of the bowels, faradization was produced by introducing a wire electrode through the tube into the half-filled stomach, and placing another electrode upon the outside for five minutes. In four weeks she was entirely restored." In cases in which the soothing effect of warm irrigation is desired, it is self-evident that the warm water should be allowed to remain in the stomach for several minutes.

*Reus.*—From whatever cause it may originate, intestinal obstruction presents one of the most terrible exigencies of the physician's life. It

\* *Therapeutische Wochenschrift*, August, 1892.

creeps upon the patient with slow but inexorable grasp, and one remedy after another is exhausted, until collapse ensues. Happily the modern physician does not trust so long to the hope of spontaneous relief as did his predecessors. During the past thirty-five years of the author's observation, he has never encountered a disease that has so deceived and luffed him with false hope. To-day surgical technique is so perfect that an abdominal section has lost its terrors, and the surgeon is more frequently invited to step in than formerly. Nevertheless, we wait too long, adhesions occur, the patient's strength wanes, and when collapse ensues our surgical colleagues too are helpless. It is fortunate that we have in gastric lavage not only a palliative for the patient's sufferings, which no one can realize who has not stood at the bedside of such a patient, but a remedial agent which has been effective in many cases reported by Kusmanul, Leube, Henoch, Ewald, Caraculman, Senator, and others. Indeed, gastric lavage has proven so valuable as a palliative in the author's hands that a note of warning not to trust too long to this measure may be instructive. In a case occurring in my service in the Manhattan Hospital, the stercoraceous vomiting and the terrific straining incident to a case of ileus were so thoroughly removed by two gastric irrigations that the house staff was lulled into a false sense of security, from which the sudden collapse of the patient aroused it. Laparotomy was done by Dr. Wilkie, who found several bands constricting the small intestine and one invagination.

The first case of ileus successfully treated by gastric lavage was reported by Kusmanul. The patient was admitted in March, 1882, after he had been unsuccessfully treated by all the usual methods for eight days. The stomach was thoroughly washed out, feculent masses were evacuated, and the irrigation was repeated every three or four hours until the water came away clear. Then the patient fell asleep for the first time, and on awakening passed a thin yellow stool. No further treatment was necessary; recovery was complete in five weeks.

A second case occurred a year later. Here, again, all remedies had been exhausted for nine days without result. Laparotomy was determined upon, but Professor Lücke, the surgeon, requested Kusmanul to see the patient before operation. One large irrigation of the stomach removed immense masses of feculent matter, and was followed by sleep, which had been denied the patient even under large doses of morphine.

The publication of these cases aroused so much attention that gastric lavage was at once added to the remedies for ileus.



In an article by Hassenelever \* this author gives the histories of six cases, of which five were greatly relieved by irrigation of the stomach and one was saved. He regards this procedure as a decided enrichment of our therapeutic resources in ileus.

In a discussion of Professor Bardeleben's paper on "Ileus" at the Berlin Medical Society,† Professor Hensch said that, inasmuch as an exact diagnosis of ileus is often impossible, it is the duty of the medical attendant to resort to gastric lavage. He had observed only one case, but the result was so remarkable that it made a strong impression upon him. *He would therefore always regard it as a great act of omission not to practise lavage in the early stages of this malady.* Hensch advises not to await collapse before an operation is resorted to, but to do the latter if the stomach irrigation, administered several times, has failed to produce the passage of flatus or feces.

Professor Senator agreed with Hensch, and met Sargson Hahn's objection to the irrigations on the ground of their being only palliatives by the logical argument that opium and morphine would have to be rejected on the same ground, and thus the operation would be done without trying any other measures. He advises that irrigations be used every five or eight hours. If the condition of the patient grows worse, operation should not be delayed.

Dr. J. Wolff thought that, despite the fact that ileus is rarely cured by irrigations, the latter should never be neglected, "because in the most pitiable cases they produce so delightful an effect, even though transient in most cases, that humanity alone demands this relief for our patients. Moreover, the surgical demand for cleanliness is fulfilled by cleaning the stomach of fecal matter, and the chances of recovery from an operation are increased by the comfort to which the patient is transported by the irrigations. Even a patient suffering from carcinomatous stenosis, who had vomited feces for three days, was placed in such a comfortable condition that she retained large quantities of bouillon, milk, and wine for several hours."

The author's observations confirm this statement and induce him to urge this symptomatic lavage most earnestly in these desperate cases. Carcchun† reports one hundred and five cases of ileus, of which thirty-five cases were cured. Stomach irrigation proved of extraordinary value in many cases.

Pollak reported in detail ‡ seven cases of ileus treated by lavage.

The reports of a large number of cases of acute intestinal obstruction

\* "Die Behandlung des Ileus mit Magenspülung." Berliner klinische Wochenschrift, November 5th, 1885.

† Berliner klinische Wochenschrift, 1885, p. 428.

‡ Berliner klinische Wochenschrift, 1885, p. 386.

§ Wiener medicinische Wochenschrift, No. 11, 1892.



tion which have been relieved by lavage, conformed or not with intestinal irrigations, may be found in our literature. Pollok refers to Wignolle, who cites ten cases with nine recoveries from prolonged obstruction (*pseudo-stranglement*); in these lavage proved palliative and curative.

*Ratiocale.*—The observations of Kussmaul, Oser, Ewald, and others would seem to establish that the favorable action of lavage in intestinal obstruction depends upon removal of feculent matter from the stomach, which by reason of the insufficiency of the pyloric orifice permits a continuous flow from the intestine into the stomach and thence out through the tube. Thus the pressure above the constricted part of the intestine is relieved, which favors spontaneous reposition. The great distention of the stomach and bowels by a feculent mass to which they are unaccustomed may induce an abdominal irritation of the splanchnic fibres. Intestinal activity is inhibited by reason of the relaxation of the muscular coats. Lavage permits peristaltic action to be restored; abdominal pressure is relieved by it and the circulation of the affected parts is restored. That the removal of the stagnant contents of the stomach and upper intestines is sufficient to open the canal below is demonstrated by those cases in which enterostomy of the ileum has served to open the intestinal canal lying obstructed below it, and by those cases in which prolonged obstruction was suddenly removed after enormous quantities of fecal matter had been vomited.

Krimmel has shown\* by observations on the living subject, after the abdominal cavity was opened, that lavage causes peristaltic action in the stomach which extends to the duodenum and jejunum, giving evidence of a reflex effect.

There is no doubt, therefore, that the palliative and curative action of lavage may be explained on as rational principles as that of any other remedy or remedial agent.

From these data, which the author's observations amply confirm, it is evident that no case of intestinal obstruction may be regarded as properly treated unless gastric lavage every three hours has been tried several times. It is important, however, not to trust too long to the apparent cessation of the symptoms and the great relief afforded to the patient. A surgeon should be called in early to watch the case and interfere at the proper moment if the feces appear.

One point in the technique of lavage in these cases is very important—the firm pinching of the tube and its rapid withdrawal to avoid the entrance of fecal or other matter into the larynx. Vomiting has produced *schluckpneumonie* in such cases, according to Bardeleben.

*Colicidiosis.*—In the fearful pain sometimes occurring in this

\* Deutsche medizinische Wochenschrift, 1890.

disease, lavage has been found very useful. In a recent case in the author's family, not only was relief obtained, but a number of small calculi were seen in the stools on the following morning after lavage.

Kussmaul has reported two cases in which similar results were obtained.

The removal of fermenting material, mucus, and undigested food from the stomach doubtless contributes much to the comfort of the patient, and prevents the formation of gall stones by keeping the duct unobstructed. Despite clinical observation, however, it is difficult to account for its effect on the passage of gall stones.

*Forced feeding and medication* may be accomplished by lavage through the nose. I have introduced a large dose of castor oil and later calomel into the stomach of a child suffering from eclampsia with intervening coma, by pushing a Jacques velvet-eye catheter through the nose into the stomach. The same method may be pursued for feeding or medicating refractory children and insane adults.

#### ENTEROCLYSIS.

This is a term applied to the introduction of large quantities of water into the large intestines by means of long rectal tubes adapted to the purpose. This procedure is also known as intestinal irrigation, because the water introduced is intended to act chiefly as a distending and cleansing agent, to be again ejected by the patient. Such an irrigation cannot be accomplished by the ordinary enema of warm water, which usually consists of smaller quantities introduced by a short rectal tube, which act as an irritant and produce an immediate evacuation.

*Technique.*—The largest Nelaton catheter or a small lavage rubber tube or a horse catheter, with firm walls, having been thoroughly cleansed with boiling water, is attached to a clean fountain syringe containing one or more quarts of water that has been boiled for half an hour, and in which half a drachm of chloride of sodium has been dissolved for the purpose of rendering it less irritating to the mucous membrane. The patient is placed on his back on a bed or a sofa, or, if an infant or child, upon the abdomen in an attendant's lap, upon which a piece of rubber cloth has been laid, covered by a warm towel. The lower part of the rubber cloth is placed within a small tub, to act as a gutter for the returning outflow. The floor should also be protected against the usual projectile gush of the latter. The tube, anointed with vaseline and firmly held between the thumb and index finger of the right hand, is introduced into the anus, water having previously been allowed to flow until it runs warm, and gently but firmly pushed into the intestinal canal. It is well to use the two fingers of the left



hand as a guide or railway for the soft and yielding tube, and to hold the latter with the right hand only half an inch from the anus in order to give firmness and support. Whenever the tube meets an obstruction it should be withdrawn a little and gently persuaded to pass upward. By allowing the water to flow and distend the bowel, introduction is sometimes greatly facilitated. Remembrance of this point has frequently saved me the mortification of abandoning the introduction. Sometimes the tube is more readily introduced when disconnected from the syringe. When the upper part has reached the transverse colon, or cannot be introduced farther, it is held quietly until about a quart of water has been passed. There will be little distention, because the pressure of the child's body upon the nurse's lap will usually aid in expelling the water as rapidly as it is introduced. If it does not return it may be allowed to run out through the catheter, which must be detached for the purpose; older children may be placed upon the commode.

The procedure is almost painless. Very young infants will cry, but older children require to be quieted by being amused with playthings. Care should be taken to avoid doubling up of the catheter in the rectum. This is evidenced either by entire stoppage of the flow or by its immediate return through the anus. It is usually due to tenesmus. It is better to desist than to make repeated efforts to overcome this doubling up.

Dr. Robert C. Kemp<sup>\*</sup> has devised a double-current rectal irrigator, for which he claims the advantage of completely plugging the



FIG. 17.—Kemp Double-Current Rectal Irrigator.

anus, allowing the water and gas to run off readily, thus preventing overdistention of the bowels. Although it is somewhat complicated, its ingenious construction admits of its being readily cleaned.

*Rationale of Enteroclysis.*—Fluids introduced into the rectum, with careful occlusion of the anus, and aided by the position of the patient and sufficient pressure, not only fill the large intestines, but under certain conditions may also, as some authors have shown, pass through the ileo-caecal valve and irrigate the ileum. Among the best observations on the subject may be cited those of Genesich.<sup>†</sup> He found that

<sup>\*</sup> New York Medical Journal, March 13th, 1897.

<sup>†</sup> Wiener medicinische Presse, No. 39, 1895.



while neither water, oil, nor mercury can be made to pass from the oesophagus through the injured intestinal canal of an adult dead subject, through the anus, the result of inverting the flow is quite different. The ileo-caecal valve is easily penetrated under moderate pressure; water flowing from a height of from seventy to eighty centimetres can be made to pass into the stomach and even through the mouth. The capacity of the digestive canal varies greatly, the large intestine accommodating about three litres, and the stomach and small intestine about the same quantity; i.e., eight or nine litres would fill the entire gastro-intestinal canal. Gernerich has convinced himself repeatedly that in the living body water may be propelled from the anus to the mouth. Usually abundant vomiting begins after the seventh litre has passed into the rectum, and if the irrigation is kept up vomiting continues until the tube is removed, when the fluid begins to pour from the anus also, only two or three litres remaining.

Alder\* reviews this subject because many discredited the fact that fluid readily passes from the anus to the ileo-caecal valve. Alder claims to have demonstrated the presence of the tube in the colon by a Roentgen picture. Boas insists also that even low irrigations send fluids to the ileo-caecal valve, and confirms his statement by a case in which fluid injected into the rectum escaped through a colostomy wound. Johnstone, of Washington, D. C., also states that he has observed colored fluid forced into the rectum under gentle pressure escape in half a minute through a fistulous opening in the right iliac region.

Enteroclysis is *contraindicated* in cardiac disturbances, arterio-sclerosis, and advanced pulmonary disease. It is impracticable when pronounced strictures exist in the tract; also in strangulated hernia, and in tuberculous or typhoid ulcerations of the intestines, for obvious reasons.

Increase of peristalsis has been proved by Horvath's experiments; he sent streams of water of from 65°-105° F., progressively increased, through the canal.†

The vulnerability of the inflamed intestine to pressure has been tested by Müller.‡ From five experiments on living dogs and on one dead infant he reached the conclusion that it is almost impossible to rupture an inflamed bowel even if obstructed. Before rupture occurs the contraction of the sphincter muscle is overcome and the water is either expelled or escapes gradually through the ileo-caecal valve into the small intestine and into the stomach, whence it may be expelled by vomiting. One experiment showed that even in a normal state of the

\* Berliner klin. Wochenschrift, August 21st, 1905.

† Maltranc: Berliner klinische Wochenschrift, 1873.

‡ Price Essay, Therapeutic Gazette, 1893.

Ileo-cæcal valve irrigation of the small intestine is not always possible. Five other experiments proved the permeability of the small intestine.

The action of water flowing through the intestinal canal is chiefly mechanical, *i.e.*, it removes the materials of decomposition and pathogenic elements, which are known to cause and maintain many cases of diarrhoea and dysentery. If the fluid enters only, as is in most instances the case, the large intestines, peristalsis in the smaller intestines is evoked and the flow of bile is increased.

Dr. Fenton B. Turck presented to the section on Practice of the American Medical Association, June, 1899, an essay on "Colonic Lavage," in which he claims for the introduction of hot and cold water into the colon reflex stimulation of the vasomotor centres. The blood pressure is raised, the kidneys are stimulated, the hepatic function is increased, and leucocytosis is induced. There seems to be indeed a general acceleration of the metabolism, a general cell activity. He applies intestinal irrigation with the hips elevated, introduces water at 122° F., about a quart at a time, four times in succession, each being allowed to run off, and increasing the temperature gradually to 131° F. After the last water has been passed in the toilet room, the patient receives a brief irrigation of water at 41° F. The author cites experiments on animals to show that in the course of five minutes the heart beats become faster until the water temperature is raised to 131° F., which slows the pulse and increases blood pressure, until the peripheral surfaces (skin) are heated, when the pulse again becomes rapid and blood pressure is reduced. The latter is prevented by using cold water. There are increased leucocytosis and a total increase of blood cells after several weeks' treatment. In a number of patients the general temperature was increased by colonic lavage at 131° F.; there occurs increased peristalsis at this temperature, but not at 118° F.; women complain of pains like those of labor. If injections at 131° F. are continued long and repeated, the motor power of the stomach is also enhanced. Irrigation with water at 104° to 113° F. produces no immediate secretion of urine, but water at 131° F. produces it in three minutes.

The idea that cold-water irrigations, as practised by Krull in cases of jaundice, increase hepatic action has been demonstrated to be erroneous by Stäbelmann\* and his demonstration is confirmed by others. While investigating the action of chologogues, Stäbelmann incidentally endeavored to ascertain the effect of enteroclysis. He correctly estimates the good effect of enteroclysis in icterus, chodolithiasis, and intestinal disturbances as due entirely to the removal of decomposing

\* *Therapeutische Monatshefte*, 1891, Nos. 10 and 11.



and irritating matters, hence to a cleansing and disinfecting action, and not to a chologogue action.

*Diuretic Action.*—Dr. W. E. Forest\* offers an interesting series of observations made upon himself, to show that enterocolysis produces a decided diuretic action.

"A large number of experiments were made, all going to prove that a flushing of the colon with hot water, followed by an injection of from a half-gent to a pint of hot water that is retained, is a quick, safe, and powerful means to stimulate the kidneys into action. This method is a more powerful diuretic than any drug. The only precaution to be used in order to retain the hot water is immediately to lie down for a half-hour after receiving the injection.

"The outcome of these experiments proved, first, that from twelve to twenty ounces of warm or hot water can be retained at one time in the colon, and that all of this will be absorbed into the blood; second, that the normal amount of urine secreted by the kidneys in twelve hours may be more than doubled by means of such retained injections; third, that the mere flushing of the colon with a large quantity of hot water (two quarts at least, at one injection) powerfully stimulates the action of the kidneys. Part of this effect is due to the internal application of heat, and part to some of the water being absorbed."

Enterocolysis has been found of great benefit in the treatment of all kinds of fevers. Professor Cantani's plan of large cold enemias has not given the same good results that warm or hot enemias have. As both Debove and Cantani claim that most of the good effect of the internal use of water in fevers is due to the increased elimination through the kidneys, it is fair to assume from the experiments given that a very important auxiliary in these cases to the internal bath by the mouth is the internal hot bath by the colon.

Forest also gives the details of a case of acute nephritis which is of value in demonstrating this diuretic effect. He insists that in all cases in which the water is to be retained the colon should first be washed out by a large warm injection.

The influence of injections into the rectum and colon upon the organism has been studied by Dr. Robert C. Kemp, in experiments conducted at the physiological laboratory of the College of Physicians and Surgeons.

These careful experiments show clearly that the heart may be stimulated by the temperature of the irrigation, so it is in water-drinking; and that the urinary secretion is increased by reason of the enhanced blood pressure, which comes at once in the kidneys, but also by direct absorption of fluid, which occurs later.

\* Medical Record, September 19th, 1890.



*Therapeutic Indications—Infantile Diarrhoea.*—The summer diarrhoea of infants offers an excellent field for enteroclysis. If the technique be mastered and properly executed, no other remedy equals intestinal irrigation in removing bacteria, soothing the suffering child, and promoting a rapid convalescence. This subject is fully treated in the clinical portion of the work.

*Catarrhal Jaundice.*—The author has found an excellent adjunct in the treatment of catarrhal jaundice in irrigation of the large intestine with cold water. He was led to its application in this disease by the publication of Dr. Krull, who treated eleven cases of catarrhal jaundice by simple cold-water irrigations of the intestines. After failure with other treatment, which almost invariably had included the Carlsbad waters, these irrigations succeeded, first, in relieving the constipation, and, later, in re-establishing the hepatic norm. Dr. Lowenthal reports\* forty-one cases of catarrhal jaundice, of which all but one demonstrated good and rapid effects from intestinal irrigations. Four irrigations of one or two quarts at a temperature varying from 54° to 64° F., increasing three degrees daily (one quart sufficing for children), were needed on an average for each case. In all the cases fecal evacuations, sometimes diarrhoea, followed the irrigations; these ceased if the succeeding irrigation was of a somewhat higher temperature. Gray or colorless clay-like masses were evacuated after the first treatment; after the third the faeces became slightly yellowish, and after the fourth usually brown. Gastric pains and oppression, headache, etc., ceased, and appetite returned; the icteric hue disappeared once after the first, twice after the second irrigation. Pruritus, in seven cases, disappeared after from the second to the fourth treatment. The skin began to clear up, but continued dark for a long time.

Other reports of similar results are found in recent literature, confirming the value of this *hygienic measure*, so that it may be regarded as established.

I can testify from personal experience to its beneficial effect in catarrhal jaundice, and to its failure in jaundice from gall stones. Contrary to Krull's method, I have begun with tepid water and reduced its temperature daily, and this method has recently been approved by Stadelmann, who has investigated the "cholagogue" action of these irrigations. Once in twenty-four hours, after the bowels have been evacuated, either normally or by enema, I order the patient placed in the knee-elbow position; from one to two quarts of water of 70° F. are poured into the rectum from a fountain syringe. The patient is induced to retain the fluid as long as possible. On the following day the tem-

\* Berliner klinische Wochenschrift, 1889.

perature of the water is decreased two degrees, and this decrease is continued until 66° F. is reached. From two to six irrigations are sufficient to produce the desired result. In my own experience the gastric and hepatic pains ceased after the first injection, appetite soon returned, and jaundice disappeared more or less rapidly, but that most distressing symptom, pruritus, was not relieved.

Dr. Robert C. Kemp, who has done so much for the perfection of rectal irrigation, its *rationale*, and its clinical applications, offers the following deductions from his observations for clinical purposes:

When increase of pulse tension is to be avoided in irrigations, the temperature of the water should be 101°-104°.

When a rapid increase of pulse tension is desired, together with improvement of cardiac action, rectal irrigation at 116°, gradually increased to 129° F., is advisable.

Cold irrigation, being a temporary stimulant, increases blood pressure, but later depresses. Hence it should be employed with caution. Irrigation with cold water is dangerous when prolonged. Low irrigation is useful in proctitis, prostatitis, etc.

In *hemorrhage*, irrigation at 116°-129° secures the most rapid result, improves the pulse, and relieves shock.

In *intestinal paralysis*, cold high irrigation for a very short period, alternated with hot irrigation with the glass-tube irrigator, as suggested by Dr. Minor, has proved valuable, as well as in chronic constipation.

*Asiatic Cholera*.—In this disease, which has baffled the most skillfully devised medication, enteroclysis has proved of great service. It was brought into prominence in the epidemic of 1892, by the efforts of Dr. Elmer Lee, an American physician who visited Russia, Hamburg, and other epidemic centres for the purpose of demonstrating its value. Dr. Lee's method, with an illustration of the ingenious apparatus devised by him, are described in the article on "Asiatic Cholera".

*Uremia and Renal Insufficiency*.—In acute conditions with rapid and feeble pulse, irrigation at 116°-129° produces rapid improvement; renal secretion is started up, profuse sweating and bowel action often follow. Irrigations have been given by Drs. Egbert Grandin, William H. Thomson, and others for forty minutes, and repeated every four hours with good results. In one of Dr. Thomson's cases the urine, previously scanty, was increased to forty ounces and a pleuritic effusion was absorbed. In suppression with uremia, accompanied by high tension and pyrexia, Dr. Kemp has observed rapid increase of renal secretion, bowel action, and sweating, with decrease of tension, a result which my own observation has verified in a recent case.

Cold *excreta* and irrigation are regarded by Dr. Kemp as dangerous in renal diseases.



*Typhoid Fever.*—Intestinal irrigations with cold water have been recommended by Castani for cooling the body. But there is another indication which bids fair to secure valuable results—the cleansing of the intestinal canal. Dr. T. J. Schnell presents in the *New York Medical Journal* of September 26, 1893, an excellent argument for the thorough irrigation of the colon in typhoid fever. These injections, to effect the most good, should be employed early in the disease, before the high fever and severe nervous symptoms show themselves. They may be repeated, if necessary, at intervals of three days for the first week or ten days. They should be used twice when the stage of necrosis of the glandular tissue is reached, as the solitary glands of the large intestine are affected in a large proportion of cases.

Having treated several cases of typhoid fever during the summer and autumn of 1892, Dr. Schnell observed that by thorough irrigation of the colon at an early date cases were rendered comparatively light. While they were not materially shortened in duration, they lost the typical typhoid picture, the lassitude, sublethal tendinum, delirium, dry and fissured tongue; and convalescence was uninterrupted and rapid. The contrast between the ordinary so-called disinfectant method and this method of disinfection, which is certainly more rational than sending feeble medicinal antiseptics into the long intestinal canal on the same mission, offers a striking clinical lesson.

Confirmation of the value of irrigation treatment of typhoid fever is furnished by the article of Dr. Hensel-Meseritz,\* who maintains that a careful cleansing of the intestinal canal may be very useful, not only in cases of marked constipation but also in plainly marked cases of typhoid fever, when we have temperature of over 40° C., characteristic diarrhoeal stools, lung symptoms, and enlargement of the spleen.

In this way baths were avoided and compresses may be reserved for special cases. The entire nursing of typhoid cases was much simplified and the results were surprisingly good.

*Dysentery.*—This very common disease of infants and adults is usually amenable to ordinary treatment. In cases relating the latter, irrigation with one or two quarts of water, about 95° to 100° F., made thoroughly aseptic by long boiling and rendered unirritating by the addition of half a teaspoonful of salt to each quart, has proved a valuable auxiliary by removing pathological products, subduing hyperæmia, relieving tenesmus more efficiently than anodyne enemata, and thus enabling the inflamed bowel to obtain that rest which in all inflammatory affections is the chief element of restoration. All these effects are due to the mechanical cleansing action of water. They demand careful attention to the details of the procedure, to include which

\* Allgemeine Medicinal-Zeitung, 1896.



experience has taught me to be necessary. While it is important in acute cases to introduce the tube high into the colon, it is not necessary in subacute cases to introduce the tube beyond four or five inches from the anus. It should, however, fairly enter the ascending colon, in order to avoid distention of the rectum and irritation of the lower colon. It is needless to add that a diet restricted to gruels, etc., is of permanent importance. In the author's somewhat extensive observations, medication after the first purgative is futile, if not positively harmful, with the exception of large doses (40 to 60 gr.) bismuth subnit. every three or four hours to protect the inflamed or ulcerated mucous surfaces.

Dr. Oliver L. Austin\* details from the recorded observation of 234 cases that "intestinal irrigation carefully and persistently carried on, after personal instruction of the nurse, kept the bowels free from irritating accumulations, prevented the growth of the *Shiga* bacillus and its toxins, lessened the number of stools, relieved pain and tenesmus, and controlled toxæmia." The irrigations failed to abort the cases, as did other treatment, but proved to be "the measure which had the greatest curative effect in protracted cases."

Dr. Patterson, of Edgelyield, S. C., made the ingenious suggestion in 1896 to stretch the sphincter under ether before irrigating; he has succeeded in cases which resisted other treatment.

Confirmatory evidence of the value of this simple hygienic measure is furnished by a report on the subject in *The Medical Age*, August 25th, 1891. Dr. Peter S. Korytin (Russia) details 15 successive cases of dysenteric (9) and catarrhal (6) dysentery which he treated daily with large warm (30° R. or 100° F.) enemata of six pints either of filtered water from the tap or of a carbolic solution, from ten to twenty grains in six pints of distilled water, which is practically equivalent to plain water. Only one of the patients died, the remaining fourteen making excellent recoveries. The total number of the injections in individual cases varied from one to six. The injected fluid was retained by the patient generally from five to ten minutes, being sometimes expelled in one or two, and in other cases in from fifteen to twenty minutes. The following effects were commonly observed: Abnormal distention and pain speedily subsided; the frequency of stools diminished and tenesmus decreased; the spirits, appetite, and sleep quickly improved; the stools soon became painless, more solid, and free from offensive odor, mucus, blood, sloughs, and shreds, while the temperature became normal. No therapeutic difference whatever was noticed between carbolic and simple enemata. It appears, there-

fore, that the beneficial results of the treatment should be attributed simply to the thorough washing out of the large intestine.

This statement is confirmed by Tuttle, who in an exhaustive essay on amoebic dysentery\* writes: "The whole treatment should be directed toward the local lesions, the destruction of the amœbæ, and the prevention of their development from spores; and as these are buried in the tissues, it is evident that it will be impossible to destroy them by superficial washing or flushing of the intestinal canal, although this treatment is important to get rid of all the germs floating in the colon. It is clear, however, that something should be employed by which the tissues may be penetrated and the germs or spores destroyed in order to completely eradicate the disease. While the remedies mentioned—bichloride of mercury, nitrate of silver, saline solution, solutions of quinine, peroxide of hydrogen, etc.—may be germicidal to the amœbæ when brought in direct contact with it, it is perfectly clear that none of these remedies will penetrate the submucosa.

"This fact explains why so many cases treated by these remedies recur. The ideal treatment must, therefore, consist of some method by which these buried organisms can be reached and destroyed *in situ*. Early in our studies of *Amœba dysenteriae* it was discovered that when the specimen stood on the slides on which they were being examined cooled off below a temperature of about 70° F., the motility of the amœbæ was lost and could not be restored; this fact suggested that if the temperature of the parts containing these organisms could be reduced considerably below this degree, the amœbæ could be destroyed and their infecting and reproductive powers would be eliminated. The application of cold to the intestinal mucous membrane through prolonged douches seemed to offer a solution of the question. At first such remedies as krameria, ichthyol, bichloride of mercury, and nitrate of silver were introduced into the cold douches, but one after another was discarded, as it was found that simple cold water served every purpose in destroying the amœbæ."

The practical nature of this author's essay is evidenced by his recommendation to use a glass reservoir in preference to the fountain syringe, because the former may be filled with cracked ice and kept very cold. He claims that the best results were obtained by irrigations with water below 45° F. He correctly advises to adopt the patient's tolerance as to quantity and temperature as a guide, beginning with a small quantity and increasing to several quarts. Out of 73 cases 70 were cured, one died, one had liver abscess before recovering, and one went to Europe improved.

\* Jour. Amer. Med. Assn., October 8th, 1904.



Dr. Fenton Thack uses water 105° to 122° F. in dysentery, allows this to flow in and out, and this is followed by ice water.

*Intestinal Obstruction.*—Colono-enteric irrigation has been found useful in the treatment of intestinal obstruction. Dr. Edwin Pynden\* reports a case of intestinal obstruction successfully treated by continued irrigation in a girl aged fourteen, who had not had an alvine evacuation for three days, and had been eating chiefly cheese, crackers, oranges, and grapes, swallowing the seeds of the grapes, and also chewing gum.

"The patient was anesthetized and suspended head downward over a chair which had been inverted, the back of the chair resting upon the floor and the seat being supported by a stool. A fountain syringe, for the continuous pressure afforded, was filled with water at a temperature of 110° F. and raised to the ceiling. A fall of as much as thirty feet for an adult and fifteen for a child is better still, as indicated by the experiments of W. E. Forrest, who found that the intestines of an adult would stand a pressure of fifteen pounds to the square inch, while in the case of a small child the maximum was about nine pounds, the pressure obtained from a column of water being one pound to each two and a half feet. In the author's case the effect of the water was augmented by forcible abdominal massage, and two and a half gallons were thus driven into the intestine. When this amount had been reached, there was a violent gushing of water from the patient's mouth, about a gallon escaping in this way. The procedure was then stopped, and when the patient was sufficiently recovered from the anæsthetic to be placed on a slop-jar another gallon escaped per rectum. The child recovered without further trouble and had a normal stool on the second day."

I have treated a child of four years who had been unconscious for twenty-four hours, and suffering from eclamptic attacks every ten or fifteen minutes; the stomach was irrigated and a large dose of castor oil administered through a tube passed into the œsophagus through the nose. The castor oil was returned together with a large quantity of bile when the tube was reintroduced six hours later. Intestinal obstruction, which was diagnosed and concurred in by Dr. A. Jacobi and Dr. Charles Kinch, was removed by a large rectal irrigation administered in the inverted position. The convulsions ceased after a free evacuation and the child became conscious.

*Pernicious Anæmia.*—In a carefully prepared paper on toxic origin of pernicious anæmia by Hollis and Dittmar† the hemolytic action of the *Bacillus aerogenes capsulatus* (Welek) is clearly brought out.

\*Chicago Medical Recorder, 1896.

†Medical Record, February 23, 1907.



Herter had shown that the bacterium is abundant in the colon in cases of anemia, and that it is able to break down proteins into forms suitable for the sustenance of other putrefactive bacteria, which form indol, a substance quite often present in intestinal putrefaction. On the suggestion of Herter two cases of unaltered pernicious anemia were treated by colon irrigation in hospital. By colon irrigation in these cases more marked improvement was obtained than by any other method employed. It is also evident that the fact that two very severe cases of anemia of the pernicious type have been restored to perfect health and a normal blood condition by high colon irrigations would seem to imply, for these cases at least, the absorption of some toxic substance from the bowel as a causative agent.

The great value in the discovery that such a condition as pernicious anemia can be so benefited by removing intestinal bacterial matter lies in the fact that it emphasizes the possibility of attacking other obscure diseases on the same ground. The agency of bacteria in disease seems to be well appreciated when they occur in contact with the surface of the body, in the oral or genito-urinary or respiratory cavities. Even the deleterious effect of the absorption of the products of the activity of non-pathogenic or saprophytic bacteria is known, when occurring within the uterus, to produce a sepsis. Yet few seem to appreciate what a great amount of absorption must occur where the area of absorption is as great as that of the intestinal mucosa, or what a diversity of chemical products, many the result of bacterial activity, present themselves for absorption. It is, however, of extreme importance to recognize this diversity of chemical products, many of which in conditions of health may not be toxic, but under conditions of slight impairment of the detoxicating or oxidizing action of the liver or intestinal mucosa, or when acting through long periods of time, may be responsible for many of our unsolved symptom complexes of disease.

*Lead Colic.*—There is no disease which embarrasses the physician more than lead colic. Frequently obscure in origin, our remedial agents do not reach the cause. Many medicinal agents have been vainly tried, but their inefficiency has led us to reach out for additional therapeutic aid. That hydrotherapy holds out some promise is evident from the case of Reissland, published in the *Deutsche Medicinische Wochenschrift*, 1875. The patient had been constipated five days, despite the most active purgation; he was collapsed, with frequent spasms of the arms and legs and vomiting of bile; the face was pale and ashen. The teeth presented a plain lead line; abdomen, hard and retracted; pulse, small (65); temperature, normal. Croton oil and opiates were ineffectual, also enemata. Four and a half litres of warm water were now poured into the bowel with a Hegar's irrigator. The water returned in five minutes,

colored by feces and containing some scybala. The patient obtained so much relief that he insisted upon a repetition. Three litres were introduced, and were followed in half an hour by the same quantity, each injection being followed by faeces and relief from pain. The knee-elbow position was practised during irrigation. The patient became more reassured, but after the third irrigation he slept well for the first time in six days. The pain returned, and three more injections of three and two and one-half litres brought stools and relief. On the following day the pain and spasms returned, and were again relieved by irrigation. The patient received one more irrigation of three litres, which brought a good fecal evacuation, and he was assisted to entire recovery by a dose of *ol. ricini* and *ol. castor* and a warm bath. In Kneissel's clinic at Freiburg this treatment has been used for many years. Whether lead colic be a necrosis of the intestinal muscular coat, or, as Riegel deduced from the effect of amyli and pilocarpine, a spasm of the mesenteric vessels, it is certain that abundant warm injections per anum may avert colic in its incipency and act as a good palliative. It is very interesting to note that this procedure quickly produces fecal evacuations, irrespective of the rejected stercora, proving that they induce a normal activity of the intestine.

In *toxic conditions* a unique method of irrigating the intestinal canal for the purpose of washing out impurities is advised by Wernitz,\* which, having the merit of innocuousness and thoroughness, deserves imitation. A one-per-cent salt solution of neutral temperature is allowed to flow into the rectum. When the desire for expulsion begins, the reservoir is lowered so that the fecal matter held in solution enters it. This is emptied and refilled from a previously prepared supply. Under slight pressure this in- and out-flow is repeated until the water returns clear. Cramps are a signal for lowering the reservoir. About a quart of water may thus be absorbed in the course of an hour. The irrigation is repeated every two hours, unless greatly distressing. The chief aim is to produce absorption of water from the intestinal mucosa. The effect is an enormous increase of urine, disappearance of thirst, moistening of the parched mucous membranes, diaphoresis, and subsidence of temperature after each irrigation.

*Acute prostatitis* is successfully managed by hot irrigations of the rectum, according to Denon.\* Pain is diminished and often the disease is aborted. Denon recommends entemolysis of water at 50° C. (122° F.), admitted slowly at first through a short tube and played guttation upon the swollen prostate, gradually increasing the quantity (the author suggests beginning with a temperature of 100° F., full stream and low pressure, gradually increased to a point of tolerance).

\*Wiener med. Presse, 1902.

Demon applies these hot irrigations twice daily, if well borne, for twelve to fifteen minutes.

The treatment is injurious in chronic prostatitis.

#### IRRIGATION OF THE MALE URINARY TRACT.

Irrigation of the bladder has long been in vogue as a remedial or palliative agent in bladder diseases. This is usually done by a double-current catheter attached to a fountain syringe.

An improved device is described by Dr. E. L. Keyes, an eminent authority on this subject. Dr. Keyes justly claims that to wash out the bladder thoroughly it must be somewhat distended.

*Technique.*—The fluid to be injected is eight ounces or more, at a temperature of about 110° F. Some of the heat is lost during the preparation. Standing in front of a stool bearing some receptacle, the patient slowly introduces his catheter, dipped in vaseline, and already attached to the large metallic mouthpiece.

As soon as the urine begins to flow, he immediately couples the large nozzle of the stopcock and the large metallic mouthpiece with which his catheter has been provided, and the urine flows promptly through the short rubber tube into the vase on the stool before him. When the urine has escaped, he turns the stopcock and the bladder slowly fills with water. As soon as the organ begins to feel distended, he turns the stopcock again, so slowly and quietly that he scarcely perceives the motion.

He may thus wash his bladder very thoroughly four, five, or six times without any change of the instrument or its adjustment, except the simple turning to and fro of a stopcock; and this he does until the water flows comparatively clear from his bladder.



FIG. 35.—Keyes' Bladder Irrigator.



For irrigation of the urethra a useful instrument is that devised by Dr. Lester Keller. It is made of sterling silver, not readily corroded, and easily kept bright. It is made in two lengths—one for the curved and one for the straight portion of the urethra.

A tube is corrugated to permit the liquid to flow back, and, by occasionally rotating the tube very slightly, every portion of the mucous membrane is reached. The openings for the outflow of liquid are behind the bulb, so the liquid cannot enter the bladder.

*Technique.*—The instrument is introduced until the "tender spot" is passed, and we generally find one; then the tube of an ordinary fountain syringe is attached, and by the raising or lowering of this the pressure is easily governed.

About a quart of water may be used, which may be repeated at each sitting, about twice a week. Usually two or three sittings suffice.

#### IRRIGATION OF THE URETHRA AND BLADDER WITHOUT THE CATHETER.

Dr. Daggett, of Buffalo, has introduced a method of irrigation which presents decided advantages over all others, in that it does not require the introduction of a catheter into the urethra, which is usually exceedingly tender in its posterior portion in cases of chronic gonorrhoea. "The apparatus consists of a short stem, which gradually decreases in size in such manner that its introduction into the urethra closes the latter by its wedge shape. This is connected with an inflow and outflow tube, as shown in Fig. 22.



FIG. 22.

"*Technique.*—The materials are a four-quart bag and a tube six feet long with a shut-off within easy reach. The tube is attached to the inlet of this double cannula, its bore being twenty per cent larger than that of the outlet. The nozzle of the cannula is introduced from one inch to two inches, according to the size of the meatus, and is made wedge shaped, in order to fill the varying calibres of urethral meatus. It is sufficiently long to be conveniently held in place by grasping the penis behind the glans, at the same time drawing the pendulous portion in line with the fixed urethra. The bag is filled with water, at a temperature of 115°, to insure more than blood warmth as it flows, and is made bland by the addition of a little glycerin, mucilage, a few grains of salt or sodium carbonate, and elevated two or three feet above the plane of the pelvis.

"The patient must assume a reclining position—a reversed squat-

ting posture—since flexure and gravity are essential factors (Fig. 59).

"He may do this in an ordinary bathtub by resting his back along the incline at its head, so that the trunk is at an angle of forty-five degrees from the horizontal line, flexing the thighs at right angles with the body and supporting the legs at right angles with the thighs. If there is no tub at hand, a hip bath may be arranged for this pur-



FIG. 59.

pose, or the patient may posture himself in a low rocking chair, tilted and blocked (Fig. 60) so that his body assumes the position described, his legs resting upon another chair or upon a stand.

"The nozzle of the irrigator is then introduced, the penis grasped and drawn in line with the fixed urethra, the stop opened, and the water allowed to run, if necessary until the bag is empty; if it has not passed into the bladder, try again. A peculiar feeling gives warning of the passing of the water through the posterior urethra; the return flow diminishes and escapes in a pulsating stream, when a finger of the right hand is placed over the exit to divert the entire flow into the bladder, which at first resents the intrusion and ejects the water after receiving two or three ounces. Repeat this and the bladder becomes more tolerant each time. Three or four flushings are sufficient at each *séance*, and the *séances* may be repeated three times daily if necessary. The novelty and comfort afforded by irrigation sometimes induce patients to overdo, at the beginning, before tolerance is established.

The diminished, pulsating outflow would seem to indicate an anti- or retro-peristaltic action of the accelerator muscle. This process is a coaxing one, in which the gentle pressure of the continuous flow of the hot, non-irritating current and the posture described are essential conditions. The patient acquires a knack at the first success that gives him an abiding faith in his ability to finish his bladder at will."

*Therapeutics.*—The management of urethral diseases has long been a reproach to the profession. The fact that numberless and diverse formulae for use in this malady burden our text-books and clutter our journals indicates that the profession is at sea, that our methods are uncertain, and our treatment is empirical. "A steady in- and out-flowing current of hot water, with the patient in this position, is a far more valuable measure in the treatment of stubborn cases of urethritis than the ordinary deep injection, which may be compared to treating laryngitis by rinsing the mouth."

Mechanical cleansing is now acknowledged as far superior to the best chemical agents, for purposes of asepsis and antiseptics. Just as in peri-uterine congestions and inflammatory conditions the steady irrigation with hot water constricts the vessels and aids absorption of pathological products, so must a continuous irrigation of the bladder and urethra, properly administered, produce a similar detergent effect upon parts which a brief injection with some strong medicament fails to affect. When we consider, for instance, the measure recommended by Guyon and others for treating chronic cystitis, viz., the injection gattation of a strong solution of nitrate of silver, which is expected to be more or less diluted by the urine present in the bladder, we must grant that this is an exceedingly irrational procedure when compared with the thorough cleansing of the inflamed surface by hot water.

Dr. Daggett cites a number of cases, which convey a correct idea of the value of this modern treatment and are well worth studying, and of which the following is an example:

CASE I.—R—, 65 years of age, twenty-three years ago had a very severe attack of cystitis; it several months, and never fully recovered. He had been confined to his room four weeks; irrigation by double catheter was employed; his condition grew steadily worse. His attending physician proposed cystotomy. He presented all the phenomena of septic infection. His urine was strongly alkaline, offensive, depositing one-quarter part by volume of solid matter, consisting of pus and inflammatory debris. R— readily learned self-irrigation without the catheter, and cleared his urine in five days and was able to attend his office. There still remained a tendency to relapse, which was controlled by irrigation. He is now able to evacuate the bladder completely by a good stream.

*Chronic Prostatic Hypertrophy.*—About thirty-three and one-third per cent of men between the ages of fifty-five and sixty have more or



less enlargement of the prostate, and a small percentage of these suffer from urinary obstruction and its attendant evils.

Enlargement of the prostate may impede, but will not prohibit passing a fluid into the bladder by this process. Passing water into the bladder in cases in which the patient was unable to void it without a catheter is made possible by this method.

An interesting phenomenon, developed by this process, is the *restoration of impaired prostatic functions*.

After several years' experience and two score cases as they occur in the rounds of a general practice, Dr. Daggett feels warranted in asserting that more than ninety per cent of these patients may be taught to irrigate the bladder without a catheter.

"Success is attained by technique, posture, and perseverance," in these cases as in others in which hydrotherapy is judiciously applied.

The common error, that hydrotherapy deals with cold water externally applied only, is exposed by these effective remedial applications of ordinary warm water.

#### VAGINAL IRRIGATION.

In the treatment of utero-ovarian diseases, vaginal irrigations have come to be a routine treatment, which is of value just in accordance with the proper execution of the details of the procedure.

*Technique.*—The chief points to be observed in the preparation of vaginal irrigations are that the following be provided: (1) a douche pan (zinc or porcelain); (2) a fountain syringe holding two or more quarts of water at 110° F.; (3) a proper couch or bed upon which the hips may be elevated. The fountain syringe being suspended from a height of several feet and the douche pan having been warmed, the latter is so placed under the patient that her nates rest on the covered portion. A vaginal tube having openings which direct the outflowing stream forward, to prevent the latter entering the uterine canal, is attached to the rubber tube leading from the syringe and introduced as far into the posterior cul-de-sac as possible without causing pain or discomfort. The clamp which prevents the outflow is now opened, and the water is allowed to flow in a continuous stream through the vagina into the pan.



FIG. 61.—DOUCHE PAN.

Dr. N. Doernum\* has devised a vaginal irrigator which delivers water mixed with air. He claims that the main feature is the introduction of sterilized air with the hot water into the vagina and the withdrawal of the same by slight suction before it can accumulate there in sufficient quantities to flow over the perineum and wet the patient's clothing and the bedding.



FIG. 62.—Kemp's Vaginal Irrigator.

He has recently simplified this apparatus† by substituting a rubber bag for the glass reservoir.

Dr. Robert C. Kemp‡ has devised an ingenious double-current irrigator (Fig. 62) for the vagina, which serves without a douche pan.

This appliance is also made of glass.

All vaginal irrigations should be administered with the patient lying recumbent;

the upright position on a bidet or closet being imperfect, because the vagina is not distended by the stream. For cleansing purposes the temperature of the water should not be above 100°; for astringent or antiphlogistic purposes the temperature should be 100°–120°, beginning with 100° and gradually increased by adding hot water, until the patient complains of the heat. In these cases the hips should be elevated and the quantity of water should be large, three or four quarts. The perineum should be anointed and care should be taken to avoid metal tubes and to protect against painful heating of the parts.

The procedure cannot be executed with precision without assistance. Here, as in other hydropathic procedures, the best results may be obtained only from the best technique. Unfortunately the latter is possible only in hospitals and in cases of women able to obtain assistance for each injection. The usual method of self-irrigation is faulty but must in the larger proportion of cases suffice.

*Notions.*—Tepid water relaxes the vagina and facilitates cleansing in ordinary leucorrhœa. Hot water (not less than 110° F.) on the other hand exfoliates the mucous membrane, drives the blood out of the pelvic veins, as is evident by the blanched appearance

\* New York Medical Journal, May 27th, 1893.

† *Ibid.*, September 25th, 1894.

‡ *Ibid.*, March 28th, 1896.

of the mucous membrane, relieving congestion. The repetition of the irrigation thus maintains the tone of the pelvic vessels, and by stimulating absorption and removing exudation furthers recovery. A warning against the abuse of these very hot injections, which have come into universal practice, may not be out of place. The frequent repetition of such injections, in conditions not requiring them, must exhaust the contractile capacity of the vessels, remove the natural secretions of the vaginal mucous membrane, and maintain an introspection which counteracts the natural tendency to recovery. Many women, married and unfortunately unmarried also, have either been advised to take these injections without due consideration of the therapeutic objects in view, or continue them as a routine practice.

*Therapeutic Indications.*—The chief object of vaginal irrigation is, aside from cleansing, the treatment of inflammatory conditions in the peri-uterine and vaginal structures. Surgery has very materially limited these cases, since disease of the Fallopian tubes has been discovered as the frequent source of so-called cellulitis and pelvic peritonitis. There are, however, many cases presenting distressing pelvic symptoms amenable to this simple measure. Indeed, the writer has succeeded in restoring some women to health after himself despairing of them without surgical interference. There is no doubt that the lost tone of the pelvic vessels may be restored by this treatment in connection with other measures—hip baths, glycerin tampons, and general hygienic improvement. It may be well to avoid running into the opposite extreme, by neglecting these valuable measures and resorting to surgical mutilation, which is unwarranted until all other means have been tried. In this day of facile unsexing of women this warning is not without as good reason as is the opposite, referred to above.



## CHAPTER XII.

### METHODS OF COOLING AND HEATING INTERNAL PARTS.

For the purpose of cooling those organs and parts of the body which are accessible to cold, water may be conducted through rubber tubes from a reservoir to an instrument which lies in apposition with the part to be treated.

#### THE PROSTATIC COOLER.

This apparatus (psychrophore), devised by Artzberger for rectal cooling, consists of a metallic tube closed at its distal end, having a flattened portion at its bulbous portion, which fits the prostate gland.

Dr. Alfred Wiener has modified the instrument, and describes it (with illustration)\* as follows:

"The accompanying cut is a very good representation of the instrument. It is similar to Artzberger's cooling apparatus, which is employed abroad in the treatment of hemorrhoids. The close proximity in which this can be applied to the prostatic portion of the rectum led me to make use of it for this purpose.

"The instrument consists of a simple metallic cold-water coil, constructed in the shape of the letter T. The stem of the instrument (A) is narrower at the base than at the extremity, and is about one and one-half centimetres in thickness at its widest part, and one centimetre at the narrowest portion. It is bulbous at the extremity of the stem, and contains a slight convexity just below the head of the

\* Medical Record, April 13th, 1895 (Fig. 7).



FIG. 58.

instrument. Thus it easily adapts itself to the rectum, the concavity fitting itself very nicely to the prostatic portion of the urethra. The application is as follows: The end is connected with a rubber bag suspended immediately above the patient, who is most conveniently placed in the recumbent position with his back to the operator. A piece of tubing long enough to extend from the couch on which the patient is reclining to a vessel on the floor is attached to the stem. Now fill the bag with ice-water, and also put into it a piece of ice to keep the water at the same temperature. The instrument is then introduced into the rectum, well oiled, with the concavity toward the scrotum. The water, which had previously been held in check by a clamp arrangement on the rubber tubing, is now allowed to flow slowly through the apparatus, and into the pail on the floor. Instead of renewing the water each time it flows into the pail on the floor, it may be poured back into the rubber bag. The application should last about ten or fifteen minutes, and should be repeated daily. The patient soon becomes accustomed to the use of the instrument, and learns very rapidly to apply it alone."

*Therapeutic Indications.*—Sexual neuroasthenia offers the chief indication for the use of the prostatic cooler. According to Dr. Wiener, whose observations I have had abundant opportunity to confirm, before and since the publication of his paper, patients in whom the prostatic portion of the urethra is extremely hyperæsthetic, complain of frequent seminal emissions, with more or less exhaustion; the ejaculations are premature, and the erections are imperfect and of short duration, so that intromission is sometimes impossible. In some the sexual desire is very much diminished, in others it is absent. In connection with these local symptoms the patient complains of a number of neuroasthenic symptoms, which, together with the former, help to make him a confirmed neuroasthenic.

Dr. Wiener cites some striking clinical histories to demonstrate the value of this simple apparatus. One of these histories may be briefly reproduced as an illustration, because such patients are the bane of the physician's life, going from one office to another in search of comfort and restoration.

M. J.—, aged 24; married several years; was at one time addicted to masturbation. Three and a half years after marriage he noticed that although he still retained sexual desire he was no longer able to control his erections; he was suffering from five to six seminal emissions weekly, which exhausted him so that he was hardly able to attend to his business properly. A perfect erection was an utter impossibility. This condition, together with a slight catarrhal gastritis, combined to make this patient very miserable. An examination of the penis revealed a state of affairs that one must frequently find in this class of cases. On passing a steel sound, No. 21 French, a simple spasmodic stricture was found. The prostatic portion of the urethra was so sensitive that the patient was unable

to endure the pain. Treatment was suspended for three days, when a psychrophore was passed alternately every third day during the first week, and every day during the second and third weeks. All sexual intercourse was interdicted; no stimulating drinks were allowed; and the patient was put upon a diet consisting of plain and easily digested food. At the end of three weeks a second examination was made, and the result was so discouraging that the patient would no longer submit to this method of treatment. The astringent, psychrophore, and potassium bromide were replaced by cold water through the rectum with the peristaltic cooler. The result was astonishing. At the end of the first week improvement had already set in. At the end of the fourth week I could pass a sound without any difficulty. The emissions had ceased entirely. After six weeks of treatment the patient was cured. It is now three years, and he has never had a return of the trouble; the genital organs are in perfect condition.

Twelve such histories are cited, affording an ample test for this treatment. The results were uniformly favorable in all cases which had been treated.

I have not been so uniformly successful, often finding it necessary to resort to the perineal douche. By combining these measures I have restored several unpromising cases of this type.

#### THE PERINEAL DOUCHE.

(Fig. 64) is constructed by connecting the hot and cold water supply with an upright tube. The patient, seated upon a box or stool supplied with an opening through which the perineum is exposed, receives the ascending stream for from two to ten minutes directly upon this part.

*Therapeutic Indications of the Perineal Douche.*—In hemorrhoids, in which water at a temperature of 60°-75° is projected against protruding tumors,

for antiphlogistic or astringent purposes, this douche is useful if repeated several times daily and applied with moderate pressure.

In impotence and prostatic hypertrophy the perineal douche is exceedingly useful. Several cases referred to me by genito-urinary specialists and treated by this method have afforded such satisfactory results that I would commend it as a valuable auxiliary in treating these unhappy individuals.



FIG. 64.—Perineal Douche.



## THE RECTAL COOLER.

The *cooling bladder* of Winternitz consists of a light rubber bag, secured over a perforated double-current tube, which admits of the introduction and outflow of hot or cold water. The entire apparatus is introduced into the rectum, the patient being in the recumbent posture, and the water is made to flow in and out of the rubber bladder, which is thus distended. It has been applied by Winternitz to painful hemorrhoids chiefly.

## GOLDENBERG'S COOLING SOUND.

Dr. H. Goldenberg\* has devised an instrument for the treatment of prostatitis.

\* The original Arzberger's hemorrhoidal apparatus has proved to be a very valuable instrument in the treatment of prostatitis; owing to the early use of this instrument, not one single case went on to suppuration. Its being straight is objectionable sometimes.

"The patient, either in the recumbent position or while sitting on the edge of a chair, can introduce this instrument with ease, since it is curved and has a long handle. When in situ, it is not uncomfortable to the patient, even in acute cases. In the latter the protracted use of iced water is indicated; in chronic cases the writer prefers water as hot as the patient can stand."

Dr. Robert C. Kempt† has devised a rectal cooler which is quite ingeniously constructed and seems to be superior to the German instruments, which consist of a bladder and lack strength and stability.

By the use of this bag, heat or cold can be applied without wetting the patient, and the apparatus can be easily carbolized. It can also be used as a simple water-bag, by filling it and corking the openings.

## STEAM.

The vapor of boiling water has long been used as a remedial agent, for the purpose of softening the exudation in croup, soothing the congested mucous membrane in laryngitis and pseudo-croup, and in laryngeal diphtheria. The vapor is produced by the so-called croup kettles which may be placed alongside the patient's bed. The latter is covered by several sheets secured like a canopy on a frame fastened to the bed. Several kettles are usually required; a good supply of

\* Journal of Cutaneous and Genito-Urinary Diseases, May, 1896.

† American Medical-Surgical Bulletin, September 26th, 1896.

alcohol should be on hand to maintain the heat, or, what is better, one or more Bunsen burners or gas jets may furnish the required heat. The steam may be conducted under the canopy by rubber or tin tubes, the latter being superior. This method of treatment, which has been in use since the time of Trouseau, is still efficient as an adjunct in serious cases, or as a means of preventing the progress of laryngeal inflammation to the membranous stage. Every experienced physician has observed the great relief obtained from this simple practice.

Another useful application of steam is the part it plays in the Scotch douche, which is referred to in various parts of this book. For this purpose steam should be furnished by a boiler under low pressure and under perfect control. Care is required to avoid condensed water which sometimes flows out of the nozzle with the steam in the beginning of the steam douche.

Janzen claims\* that the steam douche diminishes farado-cutaneous sensibility, and that this is restored by the cold douche, an explanation of the physiological action of the alternating Scotch steam douche, the effect of which is more intense than that of the hot and cold water alternations.

#### STEAM AS A STYPTIC.

This novel application of steam was devised by Professor Snegirjow and published in the fourth volume of Professor Sacharjin's clinical lectures on therapeutics. The originator first applied steam as a styptic in uterine diseases, in the following manner:†

After dilating the cervix (without anaesthesia) and curetting the uterus, he introduced into the uterine canal a catheter having numerous openings in its distal end. The other end of the catheter was connected with the nozzle of a steam kettle. The steam was at a temperature of 100° C. After one or one and a half minutes' use of the steam its styptic and cauterizing action was noticeable; a brown bouillon-like fluid flowed from the catheter.

The operation was painless. Its effect upon the uterus was ascertained by subjecting a uterus which was about to be removed to the above treatment and examining it after ablation. The mucous membrane looked as though roasted and was covered with a thin white film; all odor disappeared entirely after this operation and the uterus was no longer sensitive.

Added to this cauterizing, anæsthetic, and deodorizing action of the steam its disinfecting and antiseptic action makes it a valuable agent.

\* *Munchener med. Wochenschrift*, 1904.

† J. Janszki, *Monatsschrift für praktische Wasserheilkunde*, January, 1905.

It is especially valuable in bleeding from parenchymatous organs, and the author prophesies for it a great future in this connection.

Professor Saegirjow has removed pieces of the liver, lungs, and kidneys of animals under the use of steam, without hemorrhage.

Despite the apparently corrosive action of the steam, union takes place by first intention. This was demonstrated not only in animals, but also in the human subject during a caeliotomy.

It has also been used for the purpose of stopping hemorrhage in resection of the knee without an Eschsch bandage or ligatures; amputation of a carcinomatous breast; extirpation of growths in the skin (carcinoma, lipoma, angioma); amputation of the cervix; and in myomectomy.

The effect of steam upon a clot of blood, taken from a uræmic patient, was ascertained by Jaworski. After its application for a few minutes a thin film formed upon the clot, increasing in thickness until after the lapse of several minutes it was several millimetres in thickness. Several operations were performed, steam issuing from a Siegel apparatus and from a distilling apparatus being made to flow through a double-current catheter having several openings.

M—, 25 years of age, weak and miserable, had an abortion with hæmorrhagia; flowing for five weeks; uterus enlarged, anteflexed, and movable; external cervical opening patulous; inner set so large. Much blood in uterus. Diagnosis: Subinvolution uteri, endometritis (decidualis), post-abortion hæmorrhagia. The uterus was curetted and steam was applied after Saegirjow's method. The catheter caused slight pain on introduction, but this lasted only a few seconds. The steam was continued fifty seconds. In a few seconds a dark brown bouillon-like fluid began to exude from the catheter; at the same time an indescribably peculiar odor was noticed.

Several other cases are cited with a like favorable result in stopping discharge, bleeding, odor, and pain.

It is important to have superheated dry steam. This must have a temperature of 150°–300° C. in order to get the best results.

Following the recommendation of Saegirjow, Ludwig Pinus, of Danzig, has tested the efficiency of steam at a temperature of 100° C.\* He "used an ordinary inhalation apparatus, to which he attached a safety valve. The steam pipe must be a little larger than on the ordinary apparatus. On the end of this a tube about a foot and a half long is fastened. A catheter with many openings in the end is fastened to this and is introduced into the uterus. Some sort of handle for the hot catheter is necessary. The water in the apparatus is brought to a boil and the flame is withdrawn. The catheter is then introduced and the lamp again lighted."

This author has used this instrument in:

\* *Centralblatt für Gynäkologie*, 1895, No. 11.



1. A case of carcinoma uteri with profuse bleeding, fetid discharge, and severe pains in the pelvis.

2. In three cases of cervical endometritis with profuse discharge.

In the case of carcinoma the bleeding and discharge stopped entirely after several applications of the steam. After one or two minutes there was a discharge of clots and particles from the cervix. In the cases of endometritis the author found that the cervix was enlarged and



FIG. 64.—Ingham's Vaporizer for Local Application of Steam.

the discharge and bleeding were invariably improved. The operation is entirely painless. In only one case did uterine colic ensue.

Diathermy (Fig. 65) summarizes the application of steam in gynecology as follows:

1. As a *hemostatic* it has been successfully employed in cases of non-malignant post-menstrual uterine hemorrhages. It has proved effective in the various irregular bleedings met with in connection with uterine fungoid or hemorrhagic endometritis. It acts as a palliative

measure in certain cases of fibroid tumor or inoperable carcinoma associated with hemorrhages.

2. *As a caustic.* When used a sufficient length of time it will destroy the mucous lining of the uterus, even to the extent of obliterating the uterine canal.

3. *As a bactericide* it is found effective in the treatment of gonorrheal and septic puerperal endometritis.

4. *To reduce the bulk of the subinvoluted uterus.* It has been frequently resorted to for this purpose with success.

5. *In chronic suppurating fistulous tracts.* Successful results are reported in cases of abdominal fistula of several years' duration, which had resisted all other forms of treatment.

6. *As a preventive measure in cases of incipient uterine cancer* it is highly recommended. He maintains, with Billroth, Thiersch, and Waldéyer, that carcinoma develops only from epithelial elements, and that the application of steam, destroying the entire intra-uterine epithelium, followed by expulsion of the necrosed tissues, checks further progress of the disease.

The best results according to Professor Dührssen are obtained when used at the first evidence of a discharge indicative of commencing sarcoma.

As the method recommends itself on theoretical and bacteriological grounds, I would suggest that it be tried in cases of puerperal endometritis.

Dr. Otto Kiliani discusses the use of steam for the severe hemorrhages which sometimes occur in the operation of cholecystectomy on separation of the gall bladder from the liver, the latter sometimes being torn.\* Especially in obese persons such flooding may be fatal. The danger from hemorrhage is always enhanced in chlorotic persons. Referring to the Russian publication, Dr. Kiliani states, that having occasion to do many gall-bladder operations, he experimented with Dr. Schwyzer upon rabbits. Exposing a kidney, he cut it in half and stopped the bleeding instantly by steam. Then he extirpated the kidney and stopped the flow of blood from the renal artery and vein. The abdominal wound was superficially stitched, and the animal recovered completely. The cooking-process by steam has no deterrent effect upon primary union. The effect of steam upon the tissues is slow, coagulation is superficial. For stopping the flow of blood from the severed femoral artery of a dog, steam was applied three-quarters of a minute.

Dr. Kiliani demonstrated a simple apparatus. He has applied steam as a styptic in one gall-bladder operation and in two operations

\* New Yorker medizinische Monatschrift, February, 1897.

for hepatic abscess, and found it very convenient. In one case of abscess he found it necessary to make an incision through two inches of liver tissue, which by means of steam was rendered completely bloodless. Besides the possibility of scalding the patients or the operator by clumsy management, the chief disadvantage of using steam as a styptic lies in the fact that all the tissues touched by it assume the color of boiled flesh, and thus the different structures cannot be distinguished.

*For Skin Diseases.*—Libersohn\* was practically the first to utilize steam systematically in dermatological practice, for which he constructed an ingenious apparatus. He publishes a number of cases of eczema, acne, lupus vulgaris and lupus erythematosus, ulcus cruris, syphilis, treated with satisfactory results by the careful local application of steam.

Fodor (loc. cit.) has found steam a valuable agent in the treatment of eczema which had resisted the most competent dermatologists. At first he gave treatment once a day, later every other day for five minutes to each diseased point. The application was discontinued when oedema and decided redness were observed, the parts were dried, treated with vaseline, lanolin, and powdered. Severe itching immediately yielded to the steam; the indurated and scaly spots disappeared, the skin became soft, and in six weeks the disease was cured. For this purpose Fodor has devised a special apparatus,† consisting of an ordinary small metallic boiler and an alcohol lamp. A small, curved metallic tube attached to the boiler conducts the steam to a piece of rubber tubing, one metre long, which is secured to it. The distal end of the rubber tube is furnished with a short glass tube (held within a wooden holder) from which the steam issues. It is well to fill part of the diameter of the glass outlet with a piece of cork, for the purpose of narrowing the stream and also to prevent condensed water from issuing and scalding. The latter may also be prevented by occasionally holding it downward to permit the hot water to flow away. The application of the small stream of steam is at first made at considerable distance, and approached more closely by degrees. The water of condensation which collects upon the skin must be frequently mopped away.

*Frost bites* have also been successfully treated by hot air and steam. Ebert states that swelling, pain, and itching ceased at once, and ulcers healed rapidly.

I have had no opportunity to test the mode of applying steam, and refer to it for the purpose of demonstrating the flexibility of water as

\**Klinisch-therapeutische Wochenschrift*, 18, 1899.

†*Blätter f. klinische Hydrotherapie*, June, 1901.

‡*Zeitschrift für Chirurgie*, 38, 1901.



a remedial agent and the fact that it may be applied in any form from ice to steam.

Bedsores which resist other treatment are favorably influenced in Goldschäbler's clinic by overheated steam. Schlesinger applies the latter with the Dachszen apparatus above described, applied at a distance of 10 cm. upon the sores for five to ten minutes, and especially upon the margins, which usually produce fresh granulations. Neighboring parts must be protected with cotton or plaster. Aside from the disinfection, active hyperæmia is induced, which stimulates new growth. The application may be made daily at first; it must be diminished as the sloughing subsides.

## CHAPTER XIII.

### THE INTERNAL USE OF WATER.

THERE is no fallacy more persistent and universal in the medical mind than the idea that the imbibition of large quantities of water, irrespective of its temperature, produces diuresis and removes pathologic products, or in some occult way purifies the organism. This error originated and has been maintained by observing increased flow of urine in healthy subjects with unimpaired viscomotor systems and circulation, when large quantities of water were drunk. Glax\* and others have shown that the increase of diuresis depends more upon the temperature of the water imbibed than upon the quantity—in health as well as in disease. This view I have often had occasion to confirm clinically. Just as the effect of an external application of water differs with its temperature (and quantity), so do the latter influence the effect of the internal use of water; the primary effect being in both instances upon the local circulation. It should be borne in mind, however, that certain conditions exist in the one which are absent in the other.

1. The point of (temperature) indifference in the skin is about 92° F., while that of the internal mucous membranes is 98.6° F. and over.

2. The duration of contact with the skin is entirely under control, while in the stomach it is limited by its tolerance and capacity, by reason of which it is rapidly expelled.

3. By reason of 1 and 2, local reaction is readily induced based upon the hydrotherapeutic law that brief impacts of decidedly cold or hot water influence local reaction more positively than prolonged impacts of water nearer the "indifferent point." Glax furnishes a *résumé* of investigation which shows that the normal pulse may be reduced six to thirty beats by drinking forty-five ounces of water at 43° F. in doses of nine ounces every six minutes, and that drinking warm water increases the pulse ten to sixteen beats.

The imbibition of moderate quantities of cold water not only lessens the frequency of the pulse, but improves its quality and the arterial tone, while the drinking of warm water produces a relaxation of the vessel walls.

\* "Lehrbuch der Balneotherapie," 1895.

Glax furnishes an interesting series of curves indicating the respiration, obtained by Marey's cylindre élastique, and the pulse indicated by the sphygmograph. These curves show distinctly:

1. Immediately after the drinking of cold water the tension in the vessel is enhanced; the deep inspiration produced by the swallowing of cold water probably contributes to this result.

2. The pulse rate begins to fall decidedly in thirty seconds, but a positive increase of tension in the arterial wall is not present, though occasionally the diastolism is more pronounced.

3. A few minutes after the drinking of water at 6° C. (43° F.) the heightening of arterial tension is quite plain.

4. The repetition of the dose, in, say, five or eight minutes, continues to reduce the pulse and increase arterial tension.

5. The respiratory movements are increased after a large quantity (1,000-1,250 c.c., 35 to 43 oz.) of water is taken.

The effect of *warm-water drinking* on the pulse was studied by Glax and Klemensiewicz in a diabetic patient, thirty-two years old, who showed that an increase of pulse rate and diminution of arterial tone and an increase of respiration ensued after the drinking of warm water; also that an enduring relaxation of the arterial walls was produced by the methodically prolonged drinking of warm water. Friedrich and Stricker have made exact experiments with the drinking of seven ounces of water at different temperatures, ascertaining the pulse and pressure with the metallic sphygmometer of Roush on the radial artery. They found that the effects of water taken internally appear very quickly. Cold water diminishes the pulse, and generally raises the blood pressure, unless it be very cold, when it diminishes it in some cases; while hot water, on the contrary, increases the rapidity of the pulse and raises the blood pressure, and lukewarm water (77°-86°) diminishes it. The lowering of blood pressure is in proportion to the lowering of the temperature of the water drunk, the contrary effect being produced by higher temperatures. Water at a medium temperature (60° F.) has very little effect.

The rapidity of the effect is enhanced by extreme temperatures, but the effect ceases entirely within twenty minutes.

These findings have in the main been confirmed by observations made under the author's supervision in the hydrotherapeutic institute of the Vanderbilt Clinic by Drs. Shady, Wiltson, and Cleghorn.

Glax says correctly that the changes in the pulse cause too quickly after the drinking of water of different temperatures to be the result of an increase of water in the blood; they are therefore very probably the result of a reflex action upon the vasomotor centres. The latter effect was actually demonstrated by the experiments of Spallini and



Tomasi, who found after the imbibition of cold water a narrowing of the cutaneous vessels.

It may therefore be stated with some degree of positiveness that *the internal use of cold and of hot water has a definite influence upon the vasomotor, not unlike that produced by their external application.*

The effect of the drinking of large quantities of water upon the blood and upon blood pressure has been studied also by Friedrich and Stricker. The larger the quantity of water (above 200 c.c.) drunk, the greater is the effect upon the blood pressure and the more enduring is the effect, which, however, does not continue for more than three and one-half minutes. The imbibed water begins to appear in the tissues in one hour, and the entire quantity is eliminated within three and one-half hours; large quantities (1,000 to 2,000 c.c.) being relatively more rapidly thrown off than smaller quantities (500 c.c.). The most recent investigations of Oertel and others demonstrate positively that the drinking of an abundant quantity of water produces an evanescent thinning of the blood. As the healthy organism is so constituted that it rapidly eliminates water taken internally, it follows that a hydropic plethora is impossible, even when great excess is committed. On the contrary, the use of cold water really acts as a diuretic, removing even water not imbibed. Warm water also increases the urine for a short time, according to Glax, but if its use is continued the urine is diminished and perspiration increased.

In the Vanderbilt clinic the author has found only slight blood-pressure effect from water-drinking. The diuretic effect of water-drinking does not, therefore, depend so much upon the quantity imbibed as upon an increase of blood pressure produced by the irritant action of cold and consequent increased force of the blood stream in the kidneys. For this reason it is absent when water is drunk lukewarm and when the heart is not sound. Hot water, having more feeble irritant action, feebly stimulates cardiac action and produces an increase of blood pressure, which is followed, however, by loss of tension and relaxation. The temperature difference between very cold water (45° F.) and the gastric mucosa (99° F.) being 54° F., the irritant effect is far more intense than after hot water (120° F.) which offers but 21° F. difference.

This may seem on first glance a reversal of a long-established belief, but a consensus of modern physiologists has established the fact that the elimination of fluid by the kidneys depends upon the pressure with which the blood circulates and the consequent enhanced force of its stream in those organs, and not so much upon the quantity of fluids imbibed.

Not only are the fluid portions of the urine increased by the drinking of water, but the elimination of solid constituents, especially of urea, also results from it. That this result is not, however, due to an increased breaking up of albumin, but simply to a more complete solution and consequent better elimination of nitrogen from the tissues, is established by the investigations of Oppenheim and confirmed recently by von Noorden.\*

Other secretions are also increased by the drinking of water abundantly, by reason chiefly of a reflex effect upon the secretory organs. Heidenhain and other physiologists have noticed an increase of saliva and bile, by reason of reflex excitation of the nerves controlling the vessels of the glands.

The local and general effects of the internal use of water are practically governed by the same principles as the external applications. They are reflex chiefly, as is evidenced by the abundant perspiration following the drinking of very cold water in moderate quantities on a hot summer day, and the general refreshment, aside from the quenching of thirst, which ensues.

#### THERAPEUTIC INDICATIONS.

From the above-mentioned physiological data with regard to the action of cold, warm, and hot water taken into the stomach, their application in diseased conditions is self-evident.

In acute infectious diseases the administration of two to four ounces of ice water every two hours increases the urinary secretion enormously. When care was taken to have plenty of ice in the water so that its temperature does not rise above 40° F., I have seen the quantity of urine rise to one hundred and twenty ounces per diem. The elimination of toxins, which is thus promoted, adds a powerful weapon in the battle with these treacherous maladies and secures the cold bath very materially in this direction. Large quantities of water at ordinary temperature, on the contrary, embarrasses the efforts of the system, because in fevers, as has been well shown by Bodkin, Leyden, Nannyn, and Glax, there is already retention of water in the system. This is enhanced decidedly by burdening the latter with larger quantities. Sahli, who is an enthusiastic advocate of "flushings" by hypodermoclysis, found in a case of mercurial poisoning that the diuretic action of his injection ceased whenever the patient's temperature and pulse indicated fever.

In diseases of the stomach the drinking of very hot water has long been recommended as an adjuvant to other treatment. A glass of ice

\* "Lehrbuch der Pathologie des Stoffwechsels," 1892.



water taken on an empty stomach has occasionally served as a good stimulus to peristalsis.

*Gastric Catarrh.*—The chief therapeutic application of water-drinking has been in catarrh and other stomach disorders in which there is an accumulation of viscus or fermenting material; and for this purpose hot water alone has been found useful. Besides its diluent, cleansing, and antiseptic effects upon the mucous membrane and contents of the stomach, the reflex effect of water at high temperature, slowly sipped, upon the muscular coats, is to produce enhanced motor capacity, which furthers the passage of the digested food into the duodenum. In order to accomplish this therapeutic aim, it is necessary to observe certain rules in the administration of hot water, which not only have the sanction of experience, but which are also justified by proper regard to the rationale of its action. The water must be so hot that it cannot be gulped down rapidly; it must be sipped by tablespoonfuls in order to obtain the reflex stimulating effect upon the blood-vessels and nerves, and consequently upon the muscular fibres of the stomach. The quantity thus taken must be not less than half a pint and not more than one and one-half pints, in order to obtain a thorough cleansing and yet not overdistend the organ. The water must be taken not less than half an hour nor more than an hour before one or more meals, in order to insure its removal from and sufficient rest for the stomach before food enters it. These conditions being carefully fulfilled, there is no remedial agent which affords so much comfort and expedites recovery more effectively in *subacute and chronic gastric catarrh, dilatation of the stomach*, and in some forms of *gastric neurosis*, than the sipping of hot water before meals. The latter is much abused by the lay people in all these affections, but especially in gastric neurosis. Such patients rarely come under the physician's notice without having partaken of hot water abundantly in all sorts of fashion, mostly, however, just before eating—a practice which is always hurtful, because it distends the stomach, dilutes the food entering it, and thus embarrasses the digestive process. Jaworski found in the stomach after the lapse of a quarter of an hour half of the quantity of water drunk, but none remained after the lapse of half an hour, the passage of water from the stomach differing according to its temperature, that of *warm water being slower than that of cold water*. Physiologists are almost unanimous in the belief that only the very smallest quantity of water is absorbed from the stomach. Hence the necessity of allowing some time to lapse between the drinking of hot water for therapeutic purposes and the subsequent meal.

This simple procedure, therefore, illustrates the importance of precision in the methods of hydrotherapy; also the idea that these are in-



variably based upon rational principles—important facts which the author has endeavored to impress upon the reader upon every possible occasion.

*In certain infantile diseases* the internal use of hot water is often effective. The clearing of the stomach by forced drinking of warm water through the nursing-bottle has often proved advantageous in my practice. When in the pulmonary affections of young infants the bronchial tubes become blocked by secretions, or the stomach is filled by swallowed mucus, warm sweetened water is readily taken through the bottle or from a spoon or cup, and acts as an emetic with great relief.

*Counter-indications.*—In *dropsy*, i.e., accumulation of water in abnormal locations, the substitution of large quantities of water has been recommended by many authorities as a diuretic. That this is a serious error has often been made clear to the author. He has abandoned this practice, therefore, for the opposite and more effective one of withdrawing water and watery foods from the dietary as much as possible. When the excretor system has not been seriously disturbed so that reaction is not interfered with, as in early edema from cardiac or renal disease, two ounces of water at 40° F. every hour is my favorite prescription as a diuretic. In acute *edema* small quantities of very cold water, repeated at half-hourly intervals, act quickly by local refreshment, and do not overtask the stomach. A diuretic effect is rarely absent. The author is aware that the opposite treatment is advocated by most physicians, viz., large quantities of warm water for diluent effect. If the enormous labor which this overfilling of the system with fluids inflicts upon the embarrassed circulation of the kidney be considered, it would not be difficult to see the advantage of smaller quantities, given for the reflex effect. Comparison of clinical results has too frequently convinced the author of the superiority of the latter method.

Moreover, Sahli's observations show conclusively that while flushing the organism produces active diuresis, the latter ceases when the body temperature is elevated. Fever being regularly present in acute nephritis, the diuretic effect of flushing must be neutralized, and the heart is handicapped by the presence of this excessive quantity of fluid. The author warns against acceptance of a practice which is opposed to a physiological and pathological rationale.

## CHAPTER XIV.

### PRACTICAL APPLICATION OF HYDROTHERAPY IN ACUTE AND CHRONIC DISEASES.

UNDER the caption "Therapeutic Indications," the foregoing pages contain many references to the application of hydrotherapy in disease. These references are necessarily brief, and apply only to the diseases in which certain procedures are indicated.

That hydrotherapy is a complex method of treating disease, which admits of many different procedures applicable to the varying conditions arising in each, will be evidenced in the following clinical portion of this work. Without any desire to depreciate their use or value, it may be asserted that medicinal agents, even the most efficient and powerful, are not capable of much flexibility. Antipyrin, for example, which reduces the temperature in the early stage of fevers, cannot be used safely as the disease advances, when the integrity of the heart becomes more and more impaired; there is no method of adapting it to varying conditions, except in the size of the dose, and, owing to certain depreciating effects, the dose is necessarily always made as small as possible, and the extent of its effect is thus limited.

Our most trusted medicinal agents—digitalis, aconite, chloral, salicylic acid, opium—have their fixed doses and methods of application. Iodide of potassium and quinine and mercury, our only specific medicinal agents, are susceptible of variation in doses; but their limitation is fixed, and we cannot produce one practical result with one method of administration or with one dose, and another result with another, according to patients' conditions and the demands of each disease. That modifications of therapeutic effects may be obtained by modifications of the dosage of water shall be clearly set forth in the following chapters. The reader is urged to follow the brief histories attentively and to note the above facts, as illustrated in the progress and development of certain manifestations in each case, as a guide in analogous emergencies.

This reference to the limitations of medicinal agents is not intended to depreciate their use. On the contrary, the author yields to no one in appreciation of their value, derived from observation at the bedside during half a century.

In hydrotherapy the physician possesses the most flexible agent of his entire therapeutic armamentarium, an agent which he may adapt, by reason of the great variety of procedures and the large latitude in temperature, duration, and pressure, to every stage of every disease in which it can be applied at all. Indeed, the necessity for its correct use in any disease exemplifies this proposition.

In the following pages, it is my purpose to enter into a detailed account of the application of water in some of those diseases which the physician encounters most frequently.

### HYDROTHERAPY IN TYPHOID FEVER.

In the chapter on the cold friction bath it has been the chief aim of the author to show that it presents the most frequent, if not the only, therapeutic indication in typhoid fever, and to marshal such evidence in support of this proposition that the most sceptical reader may find it difficult to cavil. While, however, the Brand method has been proved to be the most successful treatment of the disease, there are some cases to which it is not adapted, and there are many others in which the diagnosis is obscure in the first stage, but which would be advantageously treated by some other form of hydrotherapy, with the result not only of affording comfort for the present but also of insuring safety for the future. As a practical lesson the author purposes to present the methods he has found most useful in mild and in severe cases of typhoid fever. A careful examination of the patient having established the approximate diagnosis of an essential fever, the comfort of the patient is at once provided for by some mild hydropathic procedure. If the rectal temperature be persistently over  $102^{\circ}$ , ablation, beginning with water at  $80^{\circ}$  and reducing the temperature of the water five degrees at each repetition, is practised every hour until the water temperature reaches  $60^{\circ}$ , at which it is continued. Wet compresses are also applied hourly over the abdomen until the body temperature registers  $100^{\circ}$ , every half-hour if it registers above  $103^{\circ}$ . Ablutions (page 164) are ordered every two hours, in the same relation to the temperature. If the latter continues high, larger quantities of water are used in ablation, and the compress is applied every half-hour. The patient should never be disturbed in natural sleep by any treatment.

### DIAGNOSTIC BATH.

The author has devised a series of baths for the first week of a continued fever which he has termed *diagnostic bath*, because he has



often obtained thereby a clue to the early diagnosis of typhoid fever which has been of immense value to him before the seventh day. So soon as the rectal temperature reaches  $103^{\circ}$  F., and other symptoms indicate a suspicion of typhoid fever, the patient is bathed as follows: The tub in the bath-room is filled two-thirds with water at  $90^{\circ}$  F.; the patient, undressed and wrapped in a blanket or woollen gown, is placed on a rocking-chair and slid into the bath-room. After having his face bathed with cold water, he is placed into the tub and bathed with continuous friction for ten minutes. This is refreshing and agreeable in any febrile condition. The rectal temperature is noted half an hour after the patient has been replaced in bed. Four hours after bath the rectal temperature is again noted; if it registers  $103^{\circ}$  or over, patient is lathed in water at  $85^{\circ}$ , and temperature noted half an hour after bath. Three and a half hours later the rectal temperature is again noted, and if it does not register below  $103^{\circ}$ , a third bath at  $80^{\circ}$  is administered. The bath is repeated for the fourth time under the same conditions, but at  $75^{\circ}$ , always using active friction.

If these baths reduce the rectal temperature more than two degrees, it is probable that typhoid fever may be excluded. The smaller the reduction of temperature after these baths, the more positive the diagnosis of typhoid fever becomes, always provided that the described technique has been followed with precision. Dr. Masser, of Philadelphia, has informed the author that he has found the diagnostic baths useful in doubtful cases. The author deems this bath test as reliable as the lenticular spots.

The compresses are applied during the interval between baths. The patient has now received a sufficient number of baths to display his reactive capacity. As soon as the diagnosis is made, a portable bathtub of tin is placed alongside the bed, from which it is separated by a screen. This is filled with water at  $65^{\circ}$ - $70^{\circ}$ , as indicated, and now the strict Brand method is pursued.

Such is my regular procedure in every case of typhoid, when no obstacles are placed in my path by relatives or by the patient. Although the latter contingency has rarely occurred to me personally, it would seem from my correspondence that many doubts arise in the minds of careful practitioners. These may be met by consulting the chapter on objections.

There are several procedures open to the practitioner which may enable him to meet prejudice or ignorance, provided he has mastered the principle guiding his technique.

*Remark.*—That the treatment of typhoid fever presents the most pronounced example of the therapeutic advantages of water in acute

diseases is well illustrated by its rationale and clinical results. The following methods are at the disposal of the physician:

1. Ablutions and compresses until temperature reaches 103° F., or when strict cold baths are impracticable.

2. The strict cold bath or Brand treatment—a bath not below 65° F. and not above 70° F. for fifteen minutes. This is administered every three to four hours, with continuous friction, when the temperature remains over 102.5° in recto. A bath the temperature and duration of which differs from this is not a strict Brand bath, any more than is a bath the temperature of which is elevated by adding warm water, or lowered by adding ice, while the patient is lying in it. While every physician has a right to modify the bath to suit his own views, it is absolutely unfair to Brand and his method to charge the good or bad results of a modified Brand bath to the strict Brand method. If the percentage of bichloride or carbolic-acid solution, duration of bathing, or other element of technique were changed from that advised by the originators of strict asepsis and antisepsis, it would surely be unfair to charge results from such modifications to strict asepsis. Brand has never been fairly judged in his own country by those who oppose his methods; at least there are no published statistics to contradict the positive evidence furnished by reliable official records.

The statistical result (reduction of mortality to 2.7 per cent), corroborated, as has been shown, in various countries, declares this to be the treatment *par excellence* of typhoid fever. Recent correspondence (December, 1907) with Professors Wilson, Tyson, and Musser, of Philadelphia, James and the lamented Loomis, of New York, assures me that these colleagues who have enormous clinical material continue to apply the Brand bath, because, as Musser tersely expresses it, "we get the best results."

While the Brand bath is schematic, it is, as Mathers well says, the most simple scheme for guidance of the inexperienced, and, during the physician's absence, for the nurses. This bath was first urged upon English-speaking physicians by the author in February, 1889. Although it met opposition it has become the established practice in the larger hospitals and is taught in the best medical schools now. Contrary to the usual belief, the strict Brand bath is more effective in private than in hospital practice because one of its important elements, application during the first week, can rarely be met in hospital patients. Its greatest successes have indeed been obtained in hospitals, but these were in the army, where the soldier is at once placed under treatment when he becomes unfit for duty. It may be useful, to those who are intimidated by the shivering of patients during or after the



friction bath, to suggest the solution of one pound bicarbonate of soda in the bath water and the addition of twelve ounces of hydrochloric acid, or sufficient to produce  $\text{CO}_2$  bubbles, which warms the skin by gentle and cranescent irritation, and thus remove severe rigors, which must increase heat production. When the disease has advanced to the second week or later, the strict Brand bath is not safe, unless a milder bath,  $80^\circ$ , for ten minutes intensified by a few degrees less, and gradual increase of duration, has demonstrated the patient's reactive capacity. The latter is the chief guide. No intelligent physician would order repetition of a bath after which the patient remains pale, cold, and trembling for an hour. After the first week the strict Brand bath must, therefore, be modified to meet the individual case. But clinical observation indicates the lesson that whenever reaction is feeble the bath should be made shorter, and not warmer, in order that the thermic excitation be maintained for the production of the reflex effect upon the central nervous system and the organs depending upon it.

3. If for any reason the Brand bath cannot be systematically given, or if the attendant is not convinced of its necessity, recourse may be had to the Ziemssen half-hour graduated bath, in which the water at  $90^\circ \text{F.}$  is gradually reduced to  $70^\circ$ . Ziemssen especially recommended these baths as most useful in private practice, after an experience in several thousand cases during twenty years. He ordered the temperature according to the patient's condition.

4. In a weakly, nervous patient, in the second week of a neglected typhoid, only five- to ten-minute baths from  $88^\circ$  to  $92^\circ$ , followed by brief cold affusions or a wet pack (page 340), may be applied. The temperature of the water may then be reduced if the effect is satisfactory, and the number and duration of the baths may be increased. The sum of all the symptoms and the influence of the bath upon the entire case, and not the temperature effect alone, should be the guide. The statistical record of the Ziemssen treatment in the Tübingen University Clinic, from 1877-87, in two thousand cases, gave a mortality of 9.6 per cent. The sheet bath (page 118) and towel bath are excellent substitutes for the more heroic tub bath, provided the technique is closely followed.

5. The linacock bath of Riess (page 240) offers a valuable substitute for timid practitioners or timid patients; its statistical results are more favorable (8.5 per cent mortality) than those of the graduated cold bath.

6. The wet pack has been used by some; but experience has shown its inadequacy as an antifebrile agent and even as an antithermic agent. Liebermeister has shown that four wet packs, of ten minutes



each, are equivalent to a cold bath of ten minutes. I have ascertained that six wet packs would be equivalent to a Brand bath. The choice between these methods is therefore easily made.\*

7. *The Ice Bag*.—Prof. Robert A. Hare, of Philadelphia, has devised a substitute for the Brand method, which the author has found very useful in cases of complications or conditions demanding the avoidance of disturbing the patient. All the good effects of reaction are produced. The patient is placed upon his abdomen. A flat piece of ice, wrapped within a piece of gauze or thin linen, is securely held by twisting in the right hand, and swept with rapid movements over a limited space of the back; with the left hand reaction is assisted. After the rubbed part ceases to be warmed, other portions of the back, the glutei and other muscular parts, are treated in the same manner; also the lower part of the body, the extremities being avoided. Hare regards the dorsal muscles as great heat retainers, which cannot be treated by friction in the cold bath. Although there is no doubt that

\*THE EXPECTANT TREATMENT OF TYPHOID FEVER.—In a recent number of the *Medical Record*, Dr. Arnot Spence, of New York, has an interesting paper on the expectant treatment of typhoid fever, founded on the results in 333 cases treated in the St. Francis Hospital of New York City, under the care of Dr. J. H. Ripley. Of the 333 patients 47 died—a mortality of 14.38 per cent. Of the 47 deaths 12 occurred within forty-eight hours after admission. If these are omitted, the death rate is reduced to 11.35. A specially interesting part of the report is that relating to the cause of death. Leaving out the twelve moribund, we have eleven cases which were fatal either from hemorrhage or from intestinal perforation, the remainder being due to the direct exhausting effects of the poison. Dr. Spence appears to be well satisfied with the results of treatment. In the face of results obtained by the Brand treatment, it is strange to think that any physician should be satisfied with having a no greater mortality than 11 per cent. Brand and his followers would claim that twenty, at least, of the deaths in the cases reported might have been prevented by the cold-water treatment. It is claimed, and we believe with justice, that the cold-water treatment practically eliminates deaths from broncho-pneumonia and those due to cardiac failure from direct action of the poison. Fully one-half of the deaths in Dr. Spence's tables were caused by the above conditions. It is more than probable that, had a strict hydropathic treatment been carried out, the rate of mortality would have been nearly a half less. In private practice the difficulties in carrying out the cold-bath treatment are often very great, but in a hospital the only excuse for not following this method of treatment is a belief in the efficacy of other modes of dealing with the disease. From the results obtained by the hydropathic treatment in Europe, and also on this side of the Atlantic, we believe that there is overwhelming proof that the death rate is much lower (probably from four to six per cent) than by any other mode of treatment.

Further, convalescence is undoubtedly shortened. That long period of physical and mental debility, so common and so marked after severe cases of typhoid, is seldom or never met in cases treated with cold water.—*Westring Medical Journal*.

this combination of intense thermal and mechanical stimulation is very effective, the author would be unwilling to trust entirely to this method, on the therapeutic maxim of Dr. Hare that "so therapeutic measures can be good for all cases."

Dr. Hare approves in this article (page 795) the statements on the value of "warm water" (?) by the Australian physicians Hare and Hirschfeld, concluding that "if it be true that the chief effect of cold bathing is the production of reaction, then it is conceivable that conditions might exist in which a reaction produced by the use of heat would be better than that caused by cold." The Australian statistics are cited to demonstrate this proposition. The mortality under the cold bath was 7.2 per cent; when cold and warm baths were used it was 7.5 per cent; and when warm baths were used (80° to 90° F.) it was only 3.4 per cent. Reaction is produced (page 78) by the difference of temperature between the skin and the water. It would require considerable stretch of the imagination for a patient with a temperature of 104° F., for instance, to regard a bath of 90° as a warm bath. Certain it is that the reaction was not due in these cases to "the rise of heat." The Australian experience confirms the author's above statement (fourth) "in the aged and weak and children, a bath of 90° may be more effectual than one of 82°." This confusion of both temperatures is unfortunate. The term cold and warm baths should relate to the temperature of the patient's skin (about 90°). If below the latter, it would be advisable to use the term cold; if above, warm bath; in the vicinity of 90°, the term "indifferent" would be useful.

If, as those most experienced in the method are agreed, our therapeutic efforts are directed to maintenance of the systemic functions, *we have in the methodical application of cold water the most effective means, because it not only reduces the temperature, but it refreshes and invigorates the nerve centres which preside over the functions upon whose integrity depends the nutrition of the patient.* Any judicious application of cold water will prove beneficial, but experience demonstrates that the more nearly we approach the ideal Brand method, the more positively satisfactory will be the results.

The author would call attention to the fact that he has endeavored to present the subject of typhoid-fever treatment fairly, imbued with the solemnity of a task which may be the means of saving large numbers from the fatal grasp of this relentless scourge. The evidence before us is clear and incontrovertible. Upon our conscientious, unhindered, and fearless judgment and action rests the weal or woe of those who commit their lives into our keeping. No physician is expected to yield his own judgment and the results of his own experience in deference to any method, be it approved by ever so eminent an au-



thority. But every true physician is in duty bound to examine the rationale and the clinical results of such a method ere he condemns it. This has never been done by the opponents of the Brand method, which even so able a clinician as Curschman\* confounds with the antipyretic and antithermic methods of Jürgensen and Liebermeister. With incomprehensible unfairness and disregard of the published facts Curschman writes: "At first under the profound influence of the labors of Brand and his successors, and in consequence of overestimation of the significance of febrile elevation of temperature, cold baths were preferably given at temperatures as low as 6° to 10° C. (43° to 50° F.)." From personal correspondence with Brand I was satisfied that he never in any of his writings recommended a bath below 65° F., and often used it much higher. Moreover, his whole propaganda was in opposition to the temperature-reducing idea and in favor of the nerve-centre stimulation by the cold bath, which Curschman very justly advocates to-day. It is not surprising that under such misconception the Brand method has fallen into unmerited desuetude in Germany. Instances of misunderstanding the rationale and clinical aim of other hydropathic procedures are so frequent that they have retarded the universal appropriation of water as a remedial agent.

This somewhat lengthy discussion is intended to present fairly the most important therapeutic method of the present time.

**CLINICAL ILLUSTRATIONS.**—The flexibility of hydropathic methods and procedures, which may be utilized in varying conditions and aspects of typhoid fever, are illustrated by the following histories from the hospital and private records of the author. A careful perusal may serve the reader as a guide in similar emergencies, as it is of the utmost importance to modify procedures in accordance with the indication of each individual case. Hence these histories offer hints which are not obtained in histories of cases treated by drugs.

**CASE I.**—*Typhoid Fever with Acute Infectious Nephritis—Treated by Abstinence, Abdominal Compresses, and Free Internal Use of Water—Remission.*—M. W., aged thirty-five years, a patient of Dr. Simpson, residing at Hotel Majestic, had a chill on the 26th of September, 1897, followed by fever. Temperature ranged from 102° to 106°, and pulse from 120 to 140. Urine, examined by Dr. Simpson, contained albumin and granular casts, quantity scanty, twenty-five ounces in twenty-four hours. Patient exceedingly nervous, sleepless, sometimes delirious, throwing towels at the nurse, etc., and altogether in an unpleasant condition. On the 24th the quantity of urine passed was twenty-seven ounces. The treatment up to this time had been homeopathic, combined with alcohol sponges, diet, milk. On September 25th this treatment was discontinued and the following ordered: Five drops of dilute hydrochloric acid (placebo) every two hours in water, followed by six ounces of cold water, alternating with six ounces

\* "Nothnagel's Cyclopaedia," "Typhoid and Typhus Fevers," translated by Alfred Stengel and edited by William Osler, pp. 433 and 434.



of milk every two hours; an abdominal compress at 60° every hour. Tub bath at 85° when temperature reaches 101°.

September 25th, urine contained albumin and casts. Temperature, which had reached 101° on the previous day, fell to 101° after the above hydropathic treatment had been instituted. It fluctuated between 101° and 102.5° for five days, then gradually subsided until it reached normal on October 12th, reaching every day above 99°.

The pulse never exceeded 100 after this treatment was instituted, and averaged 80 during the last two weeks. The urine showed the most marked change. After the first twenty-four hours of this simple water treatment 60 ounces was passed; then followed 87, 92, 98, 117, 118, 123, 90, 116, 82, 109, 82, 115, 81, 82, 90, 76, 86, 86, 90, 79, 80, 82, 79, 60 oz., by exact measurement of the urine. Miss Texasdell. Albumin and casts disappeared in ten days. This case illustrates that a severe type of typhoid fever may be modified and carried to a successful issue by simple hydropathic measures without cold baths.

That ablutions are a very efficient procedure in typhoid fever is demonstrated by the report of Dr. Cabot,\* who has gathered the results of one thousand cold baths given in the Massachusetts General Hospital, two hundred being Brand baths (65°, twenty minutes with friction) and eight hundred being sponge baths, of from ice cold to 65°, according to the patient's temperature, the patient lying on a rubber sheet and having the water squeezed over him from a sponge and being well-rubbed with the latter. The reduction of temperature from the Brand bath averaged 2.4 degrees, the reduction from sponge baths 0.4 degrees. Fewer tub baths were needed; most patients liked the sponge baths, but none liked the tub baths. The results were the same after each. As a rule the tub baths produced shivering, cyanosis, and feeble pulse.

Dr. Arthur V. Meigs† used ablutions every two hours with pieces of gauze dipped in cold water, with which the entire body was successively wiped and rubbed. In his report on 214 cases treated by him during the Cuban war, Dr. Meigs compares the results with those obtained in cases treated by "cold plunges." The mortality of the latter is claimed to have been 11.58 per cent, and of the former only 6.72 per cent; the exact temperature and technique are unfortunately not stated; an omission which renders a comparative estimate absolutely unreliable.

These reports offer an excellent showing for ablutions with friction, but I am disposed to believe that there was some defect in the technique of the plunge to which persistent cyanosis and feeble pulse may always be traced. Indeed, when the latter occurred, Brand himself never continued the bath at 65°, nor for twenty minutes. In such cases either the bath should be shortened—Brand's rule is to remove the patient from the water at any moment when cyanosis ensues—or it should be given at 70° or 75°. The report of Dr. R. F. Stahl in the

\* Philadelphia Medical Journal, February 24th, 1899, p. 411.

† Boston Medical and Surgical Journal, 1899, p. 290.

same journal furnishes a refutation of Dr. Meigs' claim in that he treated 144 cases by the strict Brand bath (for information of which the author is indebted to Dr. Stahl) with a mortality of 2.8 per cent.

Kobler\* reports good results when the axillary temperature was 38.5° C. (101.5° F.), from ablation with water at 14° to 16° C. (57° to 60° F.) every two or three hours, which produced excellent effects upon the circulation. The number of cases in hospital was 331, mortality 26—7.8 per cent, whereas formerly 20 per cent mortality was regarded as an average. Kobler administered cold baths rarely. Here again the importance of following Brand's technique strictly is illustrated.

*CASE II.—Typhoid Fever Treated at Home Eleven Days without Baths—Brought to Hospital in Desperate Condition—Brand Baths and Affusions Change Aspect of Case—Recovery.*—Abstract 830, furnished by Dr. Rosman, house surgeon of J. Hood Wright Memorial Hospital, E. J. C.—, aged twenty-seven years, admitted by ambulance, November 14th, 1896. Visiting physician, Dr. Baruch; house physician, Dr. Lewald.

*History:* Thirteen days under treatment for typhoid fever by Dr. Frank Daniels; temperature ranging from 103° to 105°, pulse from 120 to 150; delirious, actively at first, now moribund.

*Present condition:* In stupor; responds when sharply spoken to; tongue dry and brown; teeth covered with sores; skin much congested; abdomen distended, tympanitic, shows several rose spots.

Ordered milk,  $\frac{1}{2}$  vi., and lime water,  $\frac{1}{2}$  li., every three hours.

R Dilute hydrochloric acid . . . . . q. s.

Water . . . . .  $\frac{1}{2}$  vi.

S. Every three hours alternating with milk every two hours.

Tub baths at 80°, reduced five degrees each until 70° is reached, for fifteen minutes every three hours, when temperature reaches 103°.

November 15th.—Abdominal distention more marked. Has received three baths during the night, causing a fall of one degree. Subcutaneous and mental temperature still present. 9 a.m., icepestles, q. x. every three hours. Temperature, 102.2°. Affusions, 60°, to head and shoulders, to relieve stupor.

November 16th.—Affusions at 3 and 8 a.m. Passed forty-five ounces of urine during past twenty-four hours, containing albumin, lysine and granular casts. Mental condition improved.

November 17th.—Two affusions and three baths given yesterday. Subcutaneous continues; is more stuporous. Two ounces of strong hot coffee before and after baths and affusions. Affusions every two hours, alternating with baths every two hours; with whiskey. Temperature remains below 100°. Excess (turpentine) removed distention.

November 18th.—Mental condition the same. Affusions continued.

November 19th.—Mental condition improved. No tympanites.

November 20th.—Tongue moist, appears almost natural, and asks questions.

November 21st.—Temperature, 101°. Affusions (cardiac tonic) given every four hours. At 9 p.m., temperature rose to 104°; pulse, 126. Tub baths given at 70°; commenced at 60° after bath. Half an hour later, temperature, 103.8°; at 12 p.m., temperature, 103°.



November 25th.—Three baths given during the night. Abdomen diseased. At 9 P.M., temperature, 106°. Affusions continued.

November 26th.—At 3 P.M., last affusion.

November 28th.—For the past four days the temperature has been between 106 and 105.8°. Half-pack, 65°, every hour.

November 29th.—At 4 P.M., temperature, 102.4°; full bath given at 79° for ten minutes.

November 30th.—Feces contain clots.

December 1st.—Examination of blood, respective to Widal.

December 2d.—New spots on abdomen.

December 4th.—Temperature, 103°; three baths at 79°.

December 5th.—Three baths, 79°, for ten minutes.

December 7th.—Two baths.

December 9th.—Four baths.

December 11th.—Temperature normal.

December 13th.—Abscess in lower sacral region incised by Dr. Barach; six ounces of pus, drain introduced.

December 20th.—Eats light pudding. Sacral wound healed.

January 1st, 1907.—Dr. Knickerbocker attending.

January 3d.—Temperature rose suddenly to 103°; pulse, 132; respirations, 28. At midnight temperature fell to 99°.

February 1st.—Patient discharged cured.

Dr. Frank Daniels, who had treated this desperate case until the patient was transferred to the hospital, reported it to the Harvard Medical Society, with the following comments: "I have no doubt whatever that this man was saved by the application of the Brand baths and cold affusions to the head and shoulders. This case shows, better than any other I could present, the advantage of this method of treatment. Begun as it was late in the course of the disease, i.e., at the end of the second or the beginning of the third week, it still was efficacious."

CASE III.—*Desperate Case of Typhoid—Hypostatic Pneumonia—Abdomen— Wet Compresses and Internal Use of Cold Water—Recovery.*—Mrs. P.—, aged forty-five years, seen by the author with Dr. E. J. Ware at midnight, February 12th, 1906. The patient's condition was so desperate that a midnight consultation was held. When I arrived at the house she was engaged in a sad leave-taking from the family. The patient had been seen by several other consultants during the protracted course of the disease, and hypostatic pneumonia had developed which failed to yield to the best-directed treatment. Hypodermic stimulation had been freely used several hours before I saw the patient. A compress, wrung out of water at 60°, covered with a flannel bandage and enveloping the chest, was advised, to be repeated half hourly; also gentle affusions of the trunk with water at 79°, followed by drying of each part for the purpose of producing reaction before another part was attacked; and the symptomatic administration every two hours of six ounces of water. This simple treatment revived the flagging heart, visibly deepened the inspirations, and refreshed the patient. On the following day her voice was stronger, and she expressed herself as much improved. The case progressed very slowly to a favorable termination.

CASE IV.—*Typhoid Fever—Third Week—Baths at 79°—Recovery.*—Mr. P.—, aged thirty-five years, was seen with Dr. L. A. Holmstein, who had



treated him skillfully with cold baths at 80°, five to ten minutes in duration, several times daily. The patient was in a precarious condition—uttering delirious, pecking at the bedclothes; pulse, 140; subsultus and stupor. Baths of 70°, fifteen minutes in duration, with friction and affusions at 60° F. over the head and shoulders, were suggested. The patient being well advanced into the third week, four baths effected such a change in his condition that recovery became assured. The first bath with affusions restored consciousness.

**CASE V.—Case of Typhoid Demonstrating Diagnostic Significance of Bath, and the Value of Various Medicinal and Hygienic Procedures.** *From the Records of the Manhattan General Hospital.*—W. C.—, married, aged thirty years, domestic. Admitted May 8th 1894. Attending physician, Dr. Baruch; house surgeon, Dr. Corcoran. History (abbreviated): A week ago she was taken sick with pains all over the body, headache, and general malaise, which have continued up to the present time. Lungs normal; heart sounds clear; pain on pressure in right iliac region. Tongue coated brown. Temperature, 102.2°. R. Calomel, gr. viii. Milk diet.

May 9th.—Three hours after her admission, temperature was 105.2°. Calomel caused three movements; she feels better; pain in abdomen still severe. Temperature, 103.2°.

May 10th.—Has had five movements this morning. R. Morphine sulphate, gr. i, suppository. Temperature, 105.4°. Tub. bath, water at 10° reduced to 20°, to be given every three hours for fifteen minutes when rectal temperature is 102°. Reduce temperature of water two degrees each bath, till 65° is reached. Nephthalin, gr. v., every four hours; dilute hydrochloric acid, m. x. and water, 6 oz., every four hours. Temperature at 7:30 A.M., 105.4°. Bath given. Temperature before bath, 105.4°; pulse, 118; respiration, 28. Temperature after bath, 105°; pulse, 112; respiration, 28. Temperature one-half hour after bath, 105.3°; pulse, 118; respiration, 28. Bath at 11 A.M. Temperature before bath, 105.6°; pulse, 116; respiration, 29. Temperature after bath, 105°; pulse, 115; respiration, 29. Temperature one-half hour after bath, 105°; pulse, 116; respiration, 28. Although the patient has by her clinical history been ill nine or ten days, no spots have appeared and there is no splenic enlargement.

The diagnosis was obscure. It was at once cleared up by the resistance of her temperature to the baths. The writer has frequently noted this symptom in the early stage of typhoid, and also the fact that in other diseases simulating it, as miliary tuberculosis, cerebral pneumonia, etc., the temperature yielded readily to the ordinary reduced bath. A diagnosis of typhoid fever was now undeniably given.

May 11th.—A few rose-colored spots have appeared on the abdomen. Bath at 11:30 A.M., 90° reduced to 80°. Temperature before bath, 104.2°; pulse, 114; respiration, 28. Temperature after bath, 104°; pulse, 110; respiration, 28. Temperature one-half hour after bath, 103.4°; pulse, 112; respiration, 28. Patient does not react well; shivering continues; mils rymosed. Hence it was determined to try the Röss continuous (Hammock) bath for its antithermic effect, until the system was in better condition to resume the regular bath treatment.

Ordered continuous bath, 88°, when patient's temperature reaches 102.5°, till mouth temperature is 100°. Placed in bath at 4 P.M. Rectal temperature before bath, 104.4°; pulse, 112; respiration, 28. One hour in bath, mouth temperature, 102.6°; pulse, 112; respiration, 32. Two hours in bath, mouth temperature, 101.4°; pulse, 112; respiration, 32. Three hours in bath, mouth temperature, 102°; pulse, 112; respiration, 30. Four hours in bath, mouth temperature, 103°;

pulse, 112; respiration, 30. Five hours in bath, mouth temperature, 103°; pulse, 112; respiration, 30. Had a chill and was taken out of bath. After bath, rectal temperature, 102.2°; pulse, 112; respiration, 32. One-half hour after bath, rectal temperature, 102.2°; pulse, 112; respiration, 32.

May 17th.—Placed in continuous bath at 88° at 6:15 a.m. Rectal temperature before bath, 102°; pulse, 112; respiration, 38. Patient became very much wearied while in these baths. Although they reduced her temperature, the typhoid countenance did not improve in them, nor was the heart action improved, demonstrating that this method is only an antithermic procedure, which, though far superior to chemical antithermics, cannot approach the Brand bath as a true antifebrile agent.

Continuous baths omitted. Patient being now in better condition. Brand bath for twenty minutes, temperature 65°, every three hours if temperature reaches 102.5°. At 7:10 p.m., before bath, temperature, 103°; pulse, 108; respiration, 34. After bath, temperature, 103°; pulse, 108; respiration, 34. One-half hour after bath, temperature, 101.8°; pulse, 106; respiration, 34.

May 18th.—New crop of spots on abdomen numerous. Bowels still loose and movements green in color.

Irrigate bowels with water (temperature, 100°), two pints, followed in one-half hour with starch water and tincture of opium, gr. i.

May 14th.—Brand baths were continued every four hours until the 17th, after which time the body temperature did not reach the bathing temperature.

May 17th.—Patient feeling much better. Temperature at 8 a.m., 105°. Diarrhea has nearly ceased, but movements are still green in color.

May 27th.—These baths, which have been given every three to five hours, produced decided reduction of temperature, as evidenced by the last bath, showing the greater antithermic efficiency of the Brand bath in the later days of the disease.

Before bath, temperature, 104.3°; pulse, 121; respiration, 30. After bath, temperature, 102.4°; pulse, 114; respiration, 32. One-half hour after bath, temperature, 99.4°; pulse, 118; respiration, 30. Patient passed three small blood clots with feces, which are becoming formed. Baths ordered omitted, to give rest.

May 28th.—Had a movement without blood. Had a chill and presents typhoid countenance, dry tongue, and feeble pulse. Shallow hip bath at 60°, with water, three basins, at 60°, thrown over the body, to remove general nerve depression and invigorate the failing heart. Affusion at 6:30 p.m., temperature being 102.2°; pulse, 136; respiration, 38. Reduced temperature to 101.2; pulse, 114; respiration, 34.

May 30th.—Several affusions were given, the last one showing a reduction of temperature from 103°; pulse, 130; respiration, 36, to temperature, 102.8°; pulse, 116; respiration, 28. Patient fell asleep. This result illustrates the marked effect of affusions as a heart tonic.

May 31st.—Patient has grown stronger during the last two days. The affusions intended to bring the patient back to tolerance of the tub bath produced the anticipated result. She now was ordered a tub bath at 70° for fifteen minutes every three hours.

June 11th.—These baths have been administered about every four hours, whenever the temperature reached 102.5°. That they produced a most decided reduction of temperature is evident from a bath given at 4:20 p.m. Before the bath, temperature was 103.2°; pulse, 127; respiration, 28. Half an hour after the bath, temperature was 99°; pulse, 112; respiration, 24.



That the antithermic effect of the Brand bath is greater in the later stages of typhoid fever than in the first was amply demonstrated in this case.

June 23d.—The temperature reaches normal each morning and the afternoon rise is becoming less each day. The patient feels much stronger every day.

August 20th.—The patient is up walking about the ward each day.

*Remarks.*—This case is interesting and instructive, because it is a severe type treated by baths, until they were contraindicated by hemorrhage; then by chemical antipyretics which, though they reduced temperature, caused a return of the typhoid state. Heart failure, now arising, was combated with cold affusions, which acted well and brought the patient into condition to bear tub bathing, which in the later days of the disease produced much greater temperature reduction than in the early days. This is a characteristic of typhoid fever, which should be utilized more frequently. While the most active hydropathic procedures do not influence the temperature very decidedly in the first days of the disease, mild measures become effective in the later stages so frequently that the author has often pointed the fact out to colleagues.

*Addition of chemical excitants* may be utilized to great advantage in cases with feeble reactive capacity. The artificial Nauehem salts produce, when properly added, sufficient CO<sub>2</sub> to cover the body with bubbles containing it and thus aid in dilating the cutaneous capillaries. The author recalls a desperate case to which he was summoned by Dr. Joe Frommel, after two other consultants had warned him against cold baths. A woman of forty-five, in the second week, had a temperature of 102° to 103°, pulse 100, reflexes destroyed, involuntary urine and feces, no sleep in forty-eight hours, delirious, was placed by my advice in a CO<sub>2</sub> bath of 80° F. Active friction was added in order to promote peripheral circulation. After the first bath of 15 minutes she fell asleep. The baths were continued every four hours, interrupted for two days on account of slight hemorrhage. Patient became conscious after the fourth bath and recovered.

*Conclusions.*—From these histories it is evident that the application of water in fevers may be as varied as are the indications for its use, and that a correct appreciation of its mode of action enables the physician as to modify it as to meet many difficulties and tide the patient over many dangers. They may serve as guides to the manner of meeting the indications that may arise. No other remedy possesses the flexibility of water, and none will afford the physician greater satisfaction in the management of fever patients.

*Difference between Private and Hospital Practice.*—Clinical observation clearly demonstrates that, contrary to the prevalent idea, the Brand bath is more successful in private than in hospital practice. The reason may be found in the fact that one of the essential elements of



the Broad bath, as of other procedures, is earliness of application. The splendid statistical results of Broad and the army hospitals are doubtless due to the application of the cold full bath before the fifth day. This would imply its application before the diagnosis is made. The author has outlined his own method, and he feels safe in advising this gradual but always early adoption of cold baths. No possible harm is done if the disease proves to be other than typhoid; while if the latter develops, the most important element of treatment has been instituted, and the apprehensions of patient and household have been allayed by the mild introductory baths.

In *hospital practice* cases are rarely admitted before the second and often in the third week. Hence the essential of earliness of treatment is impossible. Moreover, the temperature and duration of the bath demand, as has been shown, decided modification, adapted to the stage of the malady and the condition of the patient. If the latter has been subjected to any form of cold procedure before he reaches the hospital, it is the author's observation that lower temperatures and longer baths may be used with advantage.

## CHAPTER XV.

### THE EXANTHEMATA.

IN the preceding chapter reference has frequently been made to the application of water in the eruptive fevers. It is the purpose in this chapter to offer clinical illustrations of the author's practice in such cases.

#### MEASLES.

Although this disease usually runs an uneventful course, many cases are encountered by the general practitioner which cause him anxiety and which are the source of distress and danger to the patient. Especially difficult does the management of this affection become when, during the later part of its course, pulmonary complications ensue.

The removal of the etiological factor being at the present time impossible, the efforts of the physician are directed, as in all infectious diseases, to the enhancement of the resisting capacity of the patient—a practice which has found frequent expression in these pages.

Attention to the hygienic surroundings of the patient, to his diet, and to the alleviation of distressing symptoms usually suffices to carry the case to a successful issue. When, however, the temperature is high (above 103°), the patient is restless, sleep is impossible or fitful, and cough is distressing—all these being manifestations of an intense toxæmia acting upon the nervous system—a judicious hydrotherapy may prove a boon to physician and patient alike.

The prejudice against cold air in measles has happily disappeared, but the prejudice against cold water still exists, even among many medical men. Lay people may readily be convinced of the harmlessness of cold ablutions or brief baths by being reminded how the hand reddens and grows warm when throwing snowballs, and a practical illustration by laying the back of the patient, which is usually most congested, with a piece of gauze dipped in water at 75°, will quickly demonstrate how rapidly reaction takes place and how absurd is the idea of harm from "striking in" of the eruption.

In the milder forms of measles, when the temperature reaches 103° and the patient is restless, much comfort may be afforded by a full bath of ten minutes' duration at 95°, repeated every four hours if

necessary, the bath temperature being reduced five degrees each time, until a calming effect is produced or the bath temperature reaches 70°. With the latter temperature it is necessary to reduce the duration to five minutes. The effect upon the general condition of the patient is usually gratifying; he falls asleep, cough is diminished and jactitation removed. When the patient or friends are too greatly alarmed by the full bath, ablation with water at the same temperature, applied with a soft piece of gauze or a wash cloth, will be found useful. In this disease the ablation should be rapid and active friction must be avoided.

*Cerebral symptoms* may be successfully combated by a careful and definite water treatment. Whether accompanied by high temperature or not, delirium, stupor, muttering, and extreme jactitation must be energetically met. Medicinal agents, though efficient in reducing temperature, are unavailing for the removal of the cerebral symptoms, which are due to the circulation of toxic elements in the blood. Here the rapid application of cold water is a boon for which the physician will have cause to be grateful, if he appreciates that the indication is to arouse the central nervous system by reflex action from the cutaneous sensory nerve endings. In these cases I order the patient to be placed semirecumbent in a half-bath at 95° F., and to have three or four basinsful of water at 75°, or less, thrown over his head and shoulders. If this affusion does not succeed, a stream of water at 50°-60° may be poured from a height of a few feet over the nucha and spine for one minute, and repeated in four or five minutes, the patient in the mean time being laid recumbent and rubbed with the bath water (95°). These applications are the chief resource for arousing the lethargic nerve centres and restoring life and activity to the dependent sluggish organs. How often have I seen a child, which has lain listless, moaning or tossing unceasingly upon its couch, aroused from these conditions refreshed and invigorated for further combat with the toxins that threatened to overwhelm it! These procedures may be repeated every two hours or oftener, if the child lapses back into stupor. In the interval much benefit will be derived from the trunk pack at 70°, if the body temperature is 103° or over. The watchful physician will inaugurate an active hydrotherapy as soon as he describes the slightest cerebral manifestations of toxæmia. It is the office of this treatment to prevent rather than to cure the latter.

The *bronchopneumonia* or capillary bronchitis complicating measles is so frequently fatal that it is the attendant's duty to watch for the earliest symptoms of failing respiration. These serious complications may be easily forestalled by three-hourly baths at 90° reduced to 80°, for five minutes, followed by chest compresses (p. 142) at 80° every hour. Regard should always be accorded to the fact that *children suffering from*



measles do not bear the abstraction of heat well. Hence brief procedures are the best and safest method. When the disease is fully developed, and atelectasis exists or is threatened by reason of lobular infiltration which obstructs the interchange of gases and additionally intoxicates the brain, active measures are demanded. If the temperature is not high, below  $100^{\circ}$ , water at  $60^{\circ}$  sprinkled on the chest for a few seconds, followed by friction with the flat hand and repeated every five minutes, or the rapid slapping of various parts of the chest with cloths saturated with water at  $50^{\circ}$ , has been found useful by the writer. This failing, the child may be held over a basin and water at  $60^{\circ}$  poured from a pitcher over the spine and chest for a few seconds, followed by friction and chafing and repeated two or three times with intervals of five minutes. These measures deepen inspiratory efforts, enhance oxygenation of the blood, and remove cardiac embarrassment, all of which are evidenced by cyanosis and coldness of the extremities. The latter is almost invariably removed and warmth restored to the clammy limbs. By these simple measures the patient may be rescued from the most desperate condition. The two-hourly drinking of four or six ounces of cold water is a measure which should not be neglected.

That the writer does not stand alone in the above optimistic view may be demonstrated by the writings of eminent clinicians.

Professor Fürbringer\* says: "In several cases of measles complicated by pneumonia with intense  $CO_2$  narcosis, we have applied these baths for several days and nights (up to seventy baths a week), with the result of seeing these apparently hopeless cases recover. This treatment affords decidedly more satisfactory results than the formerly adopted medicinal treatment."

Professor Jürgensen† says: "I think that in severe forms of infection this method offers the only hope. To be useful, we must be merciless and institute severe treatment. The respiration is very much benefited by cold affusions. The Priezanitz compress is very highly efficacious."

Guinon, the Parisian paediatrist, says:‡ "In the malignant hyper-pyretic nervous types of measles the full bath is useful ( $71^{\circ}$  to  $74^{\circ}$  for adults and  $64^{\circ}$  to  $88^{\circ}$  for children), for five to ten minutes, and repeated every three or four hours. For intense adynamia cold affusions are preferable." For convulsions he recommends lukewarm baths, with cold affusions, as the head and lung complications do not contraindicate baths when the temperature is high. Muscher and Dielafay§

\* *Real-Encyclopædie*, No. 18.

† *Neuknapp's "Specielle Pathologie und Therapie,"* iv., 1895.

‡ *Revue des Maladies de l'Enfance*, 1891.

§ *Archiv für Kinderheilkunde*, 1897.

have succeeded in removing the most pronounced toxic manifestation in the first stage of measles by cold baths. The latter do not act upon the high temperature alone, but chiefly upon the nervous system, which in grave cases is usually completely depressed, as evidenced by delirium and adynamia.

Dr. von Becker\* reports an epidemic of measles in which eight hundred children were attacked. The mortality was slight and complications had a favorable issue, in von Becker's opinion, on account of the treatment adopted. Each child received an initiatory bath at 95° for ten minutes, after which it was wrapped in a woollen blanket for an hour. The perspiration was then dried and the child thoroughly rubbed. In two hours a cold wet compress was placed around the chest, which was changed every two hours; in high fever a cold wet turban was wrapped around the head. Three or four baths sufficed to bring the rash to a conclusion; laryngitis disappeared rapidly without expectorants; all the usual complications were either absent or without unfavorable effect. The influence of this water treatment upon incipient cases was still more favorable. As soon as a case of measles occurred all the children in the family were examined, and if the spotted redness of the gums was found in any they were subjected to the above treatment.

In America, Dr. Hiram Corson, an aged country practitioner, whose practical writings exercised great influence on my own mind twenty-five years ago, says:† "In sixty years, with thousands of children under my care with measles, I have never lost one with that disease. I scarcely ever did anything in measles except to give a laxative and then keep the patient cool. I often sponged the whole body with cold water, and gave it copiously as a cooling remedy."

The above-cited clinical data cannot fail to convince any reasonable reader of the value of hydrotherapy in measles.

*Conclusions.*—As in other diseases, the author has cited in support of his own advocacy of hydrotherapy in measles the views of well-known practitioners and teachers, whose testimony is unbiased, clear, and unimpeachable.

#### SCARLATINA.

This disease is so often accompanied by serious manifestations in all its stages that the experienced practitioner is always wary in its presence. The toxic agent which has invaded the organism cannot be neutralized, but its onslaught may be met with measures which are harmless to the patient but extremely effective in carrying the case to a successful issue. As in other infectious diseases, the judicious use of water enables the physician so to enhance the patient's resisting power

\* *Der Kinder-Art.* November 3d, 1897.

† *University Medical Magazine*, 1891.



that serious complications may be averted or successfully combated. This is accomplished by maintaining cardiac action at its highest standard, which is highly important in a disease in which the kidneys are menaced. This cardiac enhancement may be most effectively induced by cool or cold procedures, the reduction of temperature, though valuable, being in my opinion secondary to it.

In the prodromal stage of scarlatina, ere a diagnosis can be clearly established, and in those cases in which the eruption is imperfect, with or without high temperature, the chief brunt of the disease is borne by the heart, as evidenced by feeble, rapid, and compressible pulse, mottled or cyanotic skin, and apathy. Here the cold affusions afford a most valuable resource. A full bath at 100°, if the body temperature is not above this point, or of 80° if above it, will in five or ten minutes allay the nervous manifestations, convulsions, twitchings, etc. When these are accompanied by feeble heart action, the child should be held semirecumbent by one attendant, while another pours two or four basinsful of water at 70° or less over the head and shoulders. After he is dried and well rubbed, the patient is placed between blankets to aid reaction. The affusion may be repeated hourly if necessary, the water being reduced in temperature five degrees each time, and the application being made briefer. The change is often marvellous. The cutaneous venous congestion due to imperfect cardiac propulsion gives way to a bright-rosed congestion, which relieves the laboring heart; the patient falls into a refreshing slumber. Even if the temperature rises, sleep should not be interrupted unless the pulse indicates heart failure.

When the disease is fairly established, the eruption well defined, and the intellect clear, no treatment beyond quiet, ventilation, milk diet, and the systematic internal use of cold water, alternating hourly with the milk, is required. The disease is self-limited, the toxins will gradually be eliminated, and a successful termination is assured in ordinary cases.

When, however, the temperature persists above 103°, the pulse above 130, when the patient is restless and sleeps badly, the physician will be forewarned by being forewarned. Medication is unsatisfactory, while the most simple hydropathic measures afford comfort and neutralize danger. Ablutions with the naked hand or with a piece of soft gauze, avoiding active friction, with water at 90°, reduced each time one degree until 75° is reached, now come into play. They may be repeated every hour or two hours, according to the severity of the manifestations. It is the author's practice to apply a trunk pack at 70° every four hours, for the purpose of maintaining the effect of the ablutions. To invigorate the cardiac action, to increase the urine both in quantity



band in toxic contents, and to reduce temperature, these procedures are most effective, and in many trying cases have served me well. Occasionally I have found it necessary when the temperature was continuously high, above 104°, to resort to the gradually cooled full bath—95° reduced to 80°, during five or ten minutes, with gentle friction—as an aid to the above measures. Although patients suffering from scarlatina bear abstraction of heat better than measles cases, I do not regard prolonged cold procedures (over five minutes and under 75°) as safe in this disease. The affusions referred to above are far more valuable for meeting all indications, and they should be performed, even if frequent repetition every hour or two hours is demanded.

The condition of the skin in this disease modifies the effect of cold applications by reason of the semiparetic condition of its vessels, which have lost to a great extent their elastic tonicity, and are therefore not so capable of responding to the thermic surges (shock) in the latter as in the earlier days of the disease. For this reason repeated short baths (dips) or affusions of water from 50° to 60° are superior to full baths. The latter cannot be borne without friction, which always increases dermatitis and must therefore be avoided.

Whether hydropathic procedures prevent nephritis or not I am not prepared to say,\* but I would insist that they place the patient in better form to pass through this serious complication. Every cautious practitioner examines carefully for evidence of the latter. If nephritis smokes during the acute stage of scarlatina, the above-detailed treatment should not be omitted for fear of any prejudice against cold applications. The latter are so brief that no possible harm can come to the internal organs; the improvement of cardiac action resulting from them is a powerful weapon against nephritis. When the latter develops during the desquamative stage, we have in hot baths, followed by dry packs, the most effective diaphoretic measure for relieving the inflamed kidney of some of its work. A full bath of 95° should be prepared and the patient placed in it; hot water, which has previously been gotten ready in pitchers or buckets, may now be added until the temperature of the water rises to 106° F. Cool drinks and bathing the face and head in cold water will prevent faintness, which must be carefully watched for. The bath may continue half an hour if no unpleasant manifestations arise, and may be repeated with profit once or twice each day. While the patient is in the bath his bed is prepared by spreading two woollen blankets upon it, which have been warmed with hot-water bags and bottles. On removal from the tub the patient is snugly wrapped in these blankets and allowed to remain

\* Vogt (Münchener medicinische Wochenschrift, 1892) has no doubt that cold baths smother nephritis more rare and milder.

for diaphoretic effect an hour or two, cold water, plain or mixed, with some agreeable syrup, being abundantly given him to promote diuresis.

If nephritis persists long after desquamation has ceased, different conditions prevail; the cold pack is to be preferred. In these cases the author's recent experience is opposed to the hot-blanket pack as a diaphoretic measure. The wet pack, the coarse sheet being wrung out of water at 75°, or lower if rectal temperature be high (see technique, page 240), is not only a valuable diaphoretic measure, but aids in sustaining the cardiac systole and refreshing and soothing the weary little sufferer. Care should be taken that assistance is sufficient to wrap the patient *very quickly* in the cold sheet and *very snugly* in the blanket. Reaction is so rapid that no prolonged chill ensues. Duration one to three hours.

This treatment may be repeated once a day or oftener when uræmic symptoms threaten. That this seemingly heroic measure is useful is attested by many observers.

Kussmaul\* has "often seen in his consultation practice serious dyspnoea, with serious and even lethal results, from hot baths, while the cold pack acted far better. The subjective condition of the patient was greatly improved. An energetic derivation to the skin was instituted, and if the patient was well covered with blankets after removal from the pack an abundant diaphoresis ensued. The blood pressure was always diminished by the wet pack, and returned to its original high point only after considerable lapse of time."

The condition of the patient, the immediate result of the treatment, must guide the medical attendant in the selection of hot or cold procedures. The fact should be borne in mind, however, that the wet pack really produces a stimulating effect upon the cutaneous surface; its initial action is that of a cold procedure, the reaction producing decided hyperæmia. The *raisonné* of whatever procedure is used should be clearly before the practitioner's mind; his action should not be empirical, but judiciously arranged in accordance with the therapeutic indications which are present. Only in this wise may the apparent paradoxes of cold and hot applications be cleared up and made to inure to the benefit of suffering humanity.

That the treatment adopted by the author and above outlined is the most useful in scarlatina finds ample corroboration in the publications of justly eminent and trustworthy observers. Among the latter the following may be cited as illustrating the methods most practised by clinical teachers:

Guérin gives † precise directions for the use of water in measles.

\* *Berliner Klinische Wochenschrift*, July 9th, 1898.

† *Revue Médicale des Maladies de l'Enfance*, 1892.



"There are three great indications to moderate the fever—quiet nervous disturbances and prevent and combat the secondary infections. Antipyretics should be avoided. Hydrotherapy certainly provides more efficient means and is easier of control. Cold baths are the selective method of Guinon in persistent pyrexia and adynamia of scarlatina, when there is no cyanosis or feeble pulse. Pulmonary complications are favorably influenced by them."

Guinon's views with regard to *scarlatina* may appropriately be quoted here, since this disease will not be separately treated in this work. He finds cold baths eminently useful to overcome the nervous accidents and moderate suppuration. "Tepid baths decrease pain and warm baths are cleansing. In the invasion stage, with dyspnoea, somnolence, and temperature of 104°, cold baths (64° to 68° F.) for adults, 70° to 74° F. for children, should be used systematically, and in sudden emergencies cold affusions. *These cold baths do not check but favor eruptions and diuresis.*"

This dictum of the eminent Parisian pediatricist should be borne in mind when any doubt arises with regard to cold applications in any of the eruptive fevers.

Boginsky\* expresses himself as follows: "Our therapy has to fulfil two indications—to moderate fever and prevent complications. *Both indications are fulfilled by baths.* In the most grave complication of scarlatina, nephritis, the suppression of cutaneous function by the diffuse dermatitis is etiologically concerned, and therefore attention to the skin stands at the head of our therapy. It is sufficient in mild cases to keep the skin clean; in more severe cases it is advisable to bathe frequently."

Schill, of Wiesbaden, has contributed an excellent statistical and practical article on the bath treatment of scarlatina,† in which he relates one hundred and ten cases, treated by himself and Schellenberg with daily baths, 45°, for ten minutes, twice a day in the first week and only daily in the second week. Nephritis or albumin did not occur in any case, and the progress of the disease was rendered mild by this simple treatment.

Condy, the eminent pediatricist of the Hôpital Trousseau,‡ "regards cold water in the exanthematæ as refreshing, derivative, heart invigorative, diuretic, tonic, and sedative."

Gering is an enthusiastic advocate of frequent but brief cold baths (78° F.) in the grave forms of scarlatina and measles, which demand imperatively their immediate use. Under their influence the function

\* "Lehrbuch der Kinderkrankheiten," Berlin, 1896.

† Therapeutische Monatshefte, No. 41, 1896.

‡ La Médecine Moderne, No. 2, 1897.

§ Gazette des Hôpitaux, February, 1891.



of the kidneys is rapidly restored and a very good impression is made upon existing bronchitis or pneumonia. Guérin's views are shared by Regault.

Professor Jürgensen\* considers "cool baths the best treatment of scarlatina from its invasion to its cessation. The toxic manifestations and elevated temperature can be successfully combated only by the use of water. Baths of short duration (60° to 70° F.) have a marked beneficial effect. Hot baths in the later stages prevent uræmic intoxication and improve diuresis."

A. Vogl, medical director in Munich, to whom the world owes so much for advancing the Brand method in typhoid fever, writes† "A treatment which is capable of banishing the most extreme danger, even when resorted to late in the disease, must be better adapted to the earlier stages; in severe epidemics, cold baths (68° F. for fifteen minutes, when rectal temperature reaches 103° F.) change the aspect of the case on the second day." Nevertheless, he does not advise these baths in mild epidemics. In the benign scarlatina epidemic of 1894-95, he applied them rarely, although three hundred and eleven soldiers were treated. In the severe epidemic of 1884-85 almost every one of the one hundred and twenty-five soldiers received cold baths, which prevented nephritis often. "One will not lay himself open to an accusation of neglect, if in a benign epidemic, even with a rectal temperature of 106°, systematic bathing is omitted; but it is our duty to adopt the latter—i.e., bathe every suspicious patient, even if the rectal temperature is not above 103° F.—if the course of the cases indicates malignancy."

In *nephritis of scarlatina* the warm bath has long been a favorite remedial agent. Unfortunately the temperature and duration of these baths are rarely stated in the clinical reports, and the results are correspondingly undetermined when the practice is followed by the uninitiated. The author well remembers a case of scarlatina which he saw in consultation, when he discovered to his dismay that baths beginning with 110° F. gradually reduced to 60° had been used. In view of the *raison d'être* of the warm bath it is not surprising that the child recovered.

As in other cases of nephritis the tub should be placed alongside the bed, the patient gently removed to it. The bath is given sitting, immersed to the neck, or recumbent, or alternately sitting and recumbent, for one to one and one-half hours. During the absence of the patient in the tub, the bed should be arranged and filled with hot-water bags to maintain its warmth until the patient returns to it from the bath. The latter should have a temperature of 100° if the rectal

\* *Op. cit.*

† *Münchener medicinische Wochenschrift*, 1895.

temperature is above this point; if it is normal, the water temperature should be 95° F. The tender condition of the skin precludes friction; the feet and hands, however, should be gently kneaded to maintain their warmth. Ice water in small quantities is to be sipped frequently, and the face bathed with cold water during the bath, which may be continued for one-half to one and one-half hours, unless the patient's condition forbids. The precautions here insinuated, together with gentle massage, will serve to prevent the latter.

In view of the excellent investigations of Strasser, the action of this continuous bath is theoretically and practically demonstrable. The author regards this simple treatment so important that he would reproduce the findings of Strasser in order to further a method which has saved many lives.

EFFECT OF BATH TREATMENT (NEUTRAL TEMPERATURE) IN A CASE OF SCARLATINAL NEPHRITIS, WITHOUT CHANGE OF FOOD OR DRINK.

January.	QUANTITY OF URINE.	SPECIFIC GRAVITY.	TOTAL N WITHOUT ASH N.	ASHES N.	ASHES IN GRAVIMETER.	NaCl.	REMARKS.
24	885	1010	6.6844	8.1926	1.209	5.519	After bath.
25	820	1011	6.1708	8.2006	1.337	4.592	Without bath.
26	915	1010	6.8918	8.1537	0.9606	5.671	After bath.
28	919	1010	8.3184	8.1537	0.9606	6.552	After bath.
29	775	1011	6.8515	8.1464	0.9150	4.183	Without bath.
30	920	1011	7.8993	8.1424	0.899	5.704	After bath.
31	975	1012	8.333	8.1506	0.9033	7.215	After bath.

In the presentation of this subject the author has endeavored to offer a fair statement of his own practice and observation, fortified by the views of physicians whose abundant hospital material and good reputation entitle them to the highest consideration.

## CHAPTER XVI

### PNEUMONIA.

THE history of the treatment of pneumonia illustrates that its success or failure is in proportion to a correct understanding and mastery of the nature of the disease. An impartial review impels the author to believe that we have now reached a view of croupous pneumonia which will contribute more to the saving of lives than all the doctrines and remedies suggested since the days of Hippocrates. The student is no longer taught that the pneumonia patient dies from apnea. *Heart failure is the spectre that now stands at the bedside of the patient in this, and for that matter in most other acute diseases*, and the chief therapeutic aim should be to prevent it.

The view that pneumonia is an infectious disease, whose chief recognizable lesion is in the lungs, but whose lethal tendency is in the *stretching of systemic force and vigor*, is obtaining more and more recognition.

I would even go farther than this. Careful clinical observation and a judicious sifting of the testimony of reliable practitioners have brought me to the belief that croupous pneumonia is no more a lung disease than is typhoid fever a bowel disease. Whenever this doctrine shall receive universal acceptance, we shall cease to *treat the disease*, and we shall be prepared for a more effective management of the patient suffering from it.

The great American clinician, Austin Flint, called it "pneumonic fever" in 1877, and pointed out its analogy to typhoid fever. Two hundred years ago Huxham had also insisted upon the infectious character of pneumonia.

The analogy of croupous pneumonia to typhoid fever may be discovered in its etiology, symptoms, and course. The Sternberg-Fraenkel diplococcus is an important factor in the production of croupous pneumonia, being present in about seventy-five per cent of cases. The presence of some constitutional depression is a potent etiological factor. Age is a predisposing and exempting factor, inasmuch as young children are rarely attacked; while it is most prevalent among adults, and liability to it diminishes with advancing years.

Typhoid fever presents analogous conditions. In pneumonia we



have practically the same manifestations which characterize typhoid fever, differing only in regard to the habitat of the micro-organism, diarrhoea taking the place of cough. The fever runs a different course because of the difference in the life period of the organisms involved in each disease.

*The most striking and important similarity is that the chief point of attack in both diseases is upon the nervous system; the toxæmia resulting from the life and death of the micro-organisms spends its chief force upon the nerve centres.* This explains the well-recognized clinical fact that the general symptoms are rarely a correct index to the local lesion. Dyspnoea and fever especially may be extreme, and the case may terminate fatally, with slight involvement of the lung, just as we may observe the most serious general condition in typhoid fever, without evidences of local lesion in the intestines.

Crisis in croupous pneumonia is signalized by complete cessation of all the general symptoms, because the life period of the micro-organisms is terminated. And yet the lung remains more or less solidified by exudates, as is evident from the physical signs continuing. So do the general symptoms of typhoid fever cease with the cessation of the life period of the Elberth bacillus, although the intestinal lesions are still so far from being removed that great care needs to be exercised with regard to diet, rest, and other preventive measures.

The prognosis of croupous pneumonia and that of typhoid fever have a close resemblance in many respects. The effect of previous mode of life, habits, and environment, before and during the illness, upon the issue of the case, is very much alike in both diseases, as is the influence of childhood upon the prognosis.

This brief presentation of the close analogy in the etiology, symptoms, and prognosis of these diseases points to the expediency of following in pneumonia, as far as the differences indicated above may admit, the line of management which has afforded the best results in typhoid.

We have learned from sad experience that the chief indication in typhoid fever must be to enhance the patient's resisting capacity to the lethal agencies evolved by the infection process.

It is the aim of these pages to emphasize a similar course of action in pneumonia. The management of the pneumonia patient which is here presented is the result of an evolution from the methods which I have been taught and have practised for many years. Until a few years ago I felt as helpless in a case of pneumonia as I did at that time in typhoid fever. Recovery in both diseases seemed to be the result of conditions over which my control was feeble or lacking. The patient's constitution, the type of the disease, and his environment

played the chief rôle. Treatment was symptomatic in both diseases; expectant it was termed—and not inaptly, for something was always expected to happen which the physician seemed powerless to prevent. When the true principles and value of the Brand method in typhoid fever became known and appreciated, a positive treatment was at command, by which, if employed early, serious and fatal complications, against which we were formerly impotent, could be prevented. For the comfort and the sense of security derived from this method, since I mastered its technique, I shall ever be grateful to its author.

It has been my ardent desire to reach a similarly comforting attitude in pneumonia. Weary of the expectant plan, and observing its enormous fatality, especially in those debilitated by faulty modes of life and habits, I looked to hydrotherapy for success. While the latter has not reached an entirely satisfactory degree, observation and reflection have evolved a method of management whose clinical value deserves to be further tested.

The prevailing type of the disease should be carefully considered. The varied success of certain methods of treatment may be attributed to a change of type in the disease and the previous conditions of the patient. Any new treatment should therefore be approached with caution and judgment.

The type of pneumonia common in New York City appears to be grave. *In hospital and private practice this disease is more fatal than any other acute disease of adults.* In the New York City Board of Health statistics it ranks next to phthisis in fatality. The chief reason of the great fatality may be sought for and found in the helplessness of physicians in the presence of this fearful disease.

Complete rest of body and mind and good nursing are essentials in furthering recovery. This cannot be too earnestly urged upon the patient and his family. The ventilation of the sick-room, too, which is much opposed by the laity, should be anxiously watched by the medical attendant, who is too prone to yield to existing prejudices, and thus to become an unwilling accomplice in depriving the patient of this greatest pobulum in infectious diseases—fresh, pure air. The patient and family should be positively assured that there is no danger of taking cold if the body temperature is elevated to any considerable extent. In summer and winter the air of the sick-room should be constantly renewed, even at the cost of reducing its temperature to an extent which in winter may be uncomfortable to the nurses. During the late war cases of pneumonia treated in tents in rigorous weather did far better than those treated in improvised hospital buildings. This practice the author has pursued and advocated for many years, and it is a gratifying confirmation of its value that several clinical teachers have recently adopted it.



Gilman Thompson and Northrop have demonstrated that exposure to extreme cold even is not only devoid of unfavorable effects, but contributes vastly to the enhancement of the patient's resisting powers, which, after all, is the chief aim in the management of pneumonia. The fear of exposure to cold in pneumonia which is so engrafted upon the minds of medical men is proven illusory by the statement of Gilman Thompson, made personally to the author, that when in the absence of other facilities for affording his pneumonia patients in Bellevue Hospital the refreshing and invigorating effect of pure (unlaked) cold air, he placed cases on the fire-escape, where it was so cold that the spiritus froze.

The patient's face and head may be protected, if need be, with the exception of the nose and mouth. It is my custom to examine at each visit the sensation of the sick-room, and to administer the most stringent rebuke to the nurses and friends if it be neglected.

As in typhoid fever, the diet should be restricted to milk and farinaceous broths, administered with precision while the patient is awake, every two hours, in quantities ranging from four to eight ounces. I do not share the horror of anæmia in this disease, which is only too prevalent and leads to undue feeding and stimulation. The disease is of short duration; it not infrequently suddenly attacks well-nourished persons in the midst of comparatively good health. It seems an unphysiological proceeding to stuff these patients with concentrated foods in large quantities, which they cannot assimilate, and thus to impose an additional tax upon the system. Stimulants also have rarely been as necessary to the same extent as formerly, since the course of management here outlined was adopted. In the case of alcoholic subjects whose consumption of liquor has been a daily habit and requirement, one-half to two ounces of good whiskey every two or three hours may be useful, especially while resolution is going on, but not as a spur to a failing heart, as is commonly the purpose. Not quite sure on this point, I still feel myself under the dominion of this idea. It would seem that, inasmuch as a large part of alcohol is eliminated through the lungs, the latter are needlessly overburdened while they are straining their functionary capacity to the utmost.

Of medicinal agents but very few are required. Besides an opening dose of ten or fifteen grains of calomel given dry on the tongue and washed down by a drink of water, strychnine, and an occasional dose of morphine for pain are the only medicines that seem to be of any real value. When the first sound of the heart becomes muffled or feeble, which rarely happens if hydrotherapy is applied early, hypodermics of strychnine, one-thirtieth to one-tenth of a grain every three or four hours, offer a valuable aid to tide the patient over a trying



period. Given even to the production of tremors, if necessary, strychnine is far superior to digitalis or brandy. An occasional dose of phenacetin or other antipyretic may be resorted to when the patient is restless with high temperature, but its use should not become a routine practice for temperature reduction; it is rarely required. Quinine, aconite, veratrum, digitalis, and other drugs I have discarded, after a prolonged trial.

The most valuable remedy in pneumonia is hydrotherapy judiciously adapted to the indications of the case. Its application will be considered under two heads, viz.: 1. Pneumonia of children. 2. Pneumonia of adults.

### I. PNEUMONIA OF CHILDREN.

Although the principles underlying a correct application of water in pneumonia are, as in other diseases, the same in children and in adult life, the former present certain peculiarities which it may be interesting and profitable to discuss. The sensitive nervous organization of the child endows it with greater susceptibility to the development of nervous symptoms. Convulsions not infrequently occur in pneumonia; delirium and jactitation, listlessness, and somnolence often characterize it in children.

The toxic agents circulating in the blood in pneumonia do not endow the heat centres with the same resisting capacity to heat reduction by hygienic cooling measures as in typhoid fever. This empirical fact upon which I have based the *diagnostic bath* (page 327) is emphasized in the child by reason of the larger surface area in the child in proportion to its weight, which favors a more rapid cooling of the body of the child than of that of an adult. Moreover, the heart of the average child does not possess the resisting power of the adult heart, and therefore the sudden contraction of the proportionately larger area of cutaneous vessels by intense cold may induce collapse more readily in the child than in the adult if prolonged. This fact must be constantly borne in mind in the prescription of hygienic procedures, by the correct adaptation of which danger may not only be obviated, but may be fully and successfully met, with the result of promoting rapid recovery and saving life.

In pneumonia as in other infectious diseases the chief danger is not to be sought, as I have often pointed out, in the high temperature. The heart is more threatened in this disease than in any other, because, in addition to its depreciation by the toxæmia, the obstructed pulmonary circulation increases the amount of work it is called upon to do, and thus contributes an additional element of danger.

In the early stages of pneumonia in children the full bath is ex-

tremely useful. Children are so easily handled and many are so accustomed to bathing, that this procedure, carefully adapted, produces a minimum of disturbance with a maximum of effect. It is always wise to begin bathing when the body temperature reaches 103°, although a lower temperature also demands the bath when nervous symptoms are pronounced. Beginning with a friction bath of 95° for eight minutes, this should be repeated every four hours, and its temperature reduced two degrees each time and its duration prolonged to ten or twelve minutes if reaction and refreshment ensue. I do not resort to full baths below 80° in the pneumonia of children, for reasons stated above. Friction must never be omitted; chilling which is apt to occur in children, may alarm the parents and lead to a subsequent rise of temperature. Such baths usually reduce the temperature two or three degrees; they stimulate the heart, deepen the inspiration, promote expectoration, and refresh the child, as no medicinal agent is capable of doing. Their effect may be prolonged by chest compresses (page 142), repeated every hour or two as required. When dyspnea, heart failure, cyanosis, delirium, or other alarming manifestations occur, a briefer but more energetic procedure is indicated. The little one is held for five minutes in a bath of 100° up to its navel, and two or four basins of water at 75-65° are poured over its shoulders rapidly. This should be followed by rapid friction and drying. This procedure may be repeated every two or four hours, as indicated. The result is simply delightful. Crying and coughing which naturally ensue, aid in expectoration of stagnant secretions; the respiration is rendered free and unobstructed; the skin grows red and congested, relieving the heart most admirably when combined with the reflex stimulation of the organ produced by the brief but sudden impact of cold. The pulse becomes less frequent, more quiet, and regular. The pulmonary circulation being improved, a local effect upon the inflamed and congested parenchyma is produced.

This method of treatment, combined with the usual hygienic and dietetic management, has afforded the author satisfactory results not only in family practice but also in the large clinical material of the New York Juvenile Asylum, which was at his disposal for thirteen years.

The value of hydrotherapy in the pneumonia of children has been confirmed by the highest authorities. Jacobi\* "uses cold baths or packs when the temperature is high, but most cases will do quite well with sponging or friction with wet and cold towels. The latter plan acts both as a refrigerant and stimulant."

It is not "the cooling of the surface," however, which is the key to the *potiocoeli* of the cold bath, but the stimulus following the shock, due to impingement of cold upon the cutaneous nerves, which is

\* Archives of Pediatrics, 1893.



conveyed to the central nervous system and thence reflected to every organ over which it presides. The cooling (refrigerant) effect is the most palpable to the eye; it is demonstrated by the thermometer; but if this were the chief aim of pneumonia therapy it would be far more perfectly reached by the coal-tar antipyretics.

Jacobi correctly says: "It is not the temperature that is injurious, but the absence or insufficiency of resistance the tissues offer to its effect."

The danger lies in the toxæmia which is overwhelming the nervous system, and thus impairing the functions of the organs depending upon them; digestion, respiration, cardiac action, the secretions, all are crushed under the octopus, infection. The system is laboring under the load; the conservative powers residing within it are strained to their utmost to maintain life. The cold bath comes nobly to the rescue, when judiciously used; the nervous system is refreshed, the dormant functions are aroused to renewed activity, the eye brightens, the respiration is deepened, the pulse is slowed and rendered less dirotic. But this effect is not produced by the antipyretic bath, which allows the patient to lie quietly in the cold water, and from which he is taken when he shivers. Active but gentle friction of the surface prevents chilling and multiplies the shock to the peripheral nerves, while it counteracts paresis of the vascular walls and formation of cutis anserina. Such a bath is *verföhrlich*, meeting all indications arising from insufficiency or absence of resistance.

A. Baginsky\* teaches that "the chief aim is to moderate fever and maintain the strength. Both indications are well fulfilled by cold compresses around the thorax, repeated every half-hour or hour. When properly employed under appropriate conditions, especially with regard to cardiac power, they may be life-saving, and they are to be decidedly preferred to antipyretics, which are to be avoided in the pneumonia of children, because of their deleterious effects upon the heart."

Professor Penzoldt† gives an analysis of twenty-two hundred cases treated from 1867 to 1889 in the Poliklinik of Erlangen. "The reduction of temperature is not to be regarded the sole factor. If the indication is to improve the respiration, circulation, and cerebral activity, and to further expectoration, preference should always be given to a cautious bath treatment."

Professor Hutinel, in a clinical lecture at the Hôpital des Enfants Malades,‡ closely presents the view I have so often urged: "It is especially against the different manifestations of the general infection that

\* "Leitbuch der Kinderkrankheiten," 1894.

† Münchener Medicinische Wochenschrift, 1890, No. 34.

‡ Le Bulletin Médical, Paris, 1891.



we must act; and it is precisely in those cases in which the general phenomena are quite marked that cold baths (64° to 75° F.) are particularly useful. The cold bath not only diminishes the temperature of the body; it at the same time exercises other beneficial influences. It enhances the various secretions, increases the arterial pressure, and sustains the heart; while, on the other hand, most of the antithermic remedies produce untoward effects in similar conditions.

"The cold bath acts energetically upon the nervous system. It gives, as Professor Peter has remarked, speaking of typhoid fever, a lashing to the economy. It diminishes the depression so marked in certain cases of broncho-pneumonia. Patients who have been bathed return to life, to use the happy expression of Jahel-Henoy. In my experience the cold bath has never produced evil effects upon the lung, and, like many others, I am convinced that the measure has been wrongly accused of being the cause of pulmonary complication."

Hutinel details a desperate case as a striking illustration of the water treatment of pneumonia, and he affords us a glimpse of his practical ability as follows: "Families will often oppose the application of a cold bath in these cases. Under such circumstances we must employ a certain amount of artifice. Under the cover of revulsion you may add to the water a little mustard; for, as a general rule, parents believe in the efficacy of this simple remedy, and it behooves us to wrestle not so much against their reluctance as against their overcautiousness. At the *Hospice des Enfants Assistés* I have obtained most excellent results, but I have also observed many failures. Employed when specially indicated, cold baths produce excellent results; but employed indiscriminately, they are often the source of disappointment."

M. Albert\* reports forty cases of broncho-pneumonia of children from four months to four years old, which he treated with half-hourly or hourly chest compresses dipped in water of 59°-68°, the mortality was seventeen per cent.

Le Genèsi† states "in the course of all acute diseases of the respiratory passages and in certain acute stages of chronic disease of the same region, active hyperemia is an important factor in determining the aggravation of the local and general conditions. In cases where such hyperemia occurs I have found preferable to all other revulsive measures the permanent wrapping of the thorax in compresses soaked in cold water, wrung out so as to be merely damp, and covered with a thin oilcloth. These compresses should be renewed every quarter of an hour, then every half-hour or hour, according to the condition of the patient. This method is of especial value in infantile therapeutics;

\* *Gazette Hebdomadaire*, 38, 1898.

† *La Médecine Moderne*, March, 17th, 1894.

it may be used for the youngest child, continued as long as necessary, and resumed whenever there is a return of the congestion."

In the discussion of Le Gendre's paper Rendu stated that he had made use of the wet pack since 1884, and had found that it caused great improvement in grave broncho-pneumonia. He does not use the same method as Le Gendre, but leaves his patient in the pack for two or three hours. Richardière has treated sixty cases of broncho-pneumonia after measles at the Trousseau Hospital, and has had excellent results with the wet pack. An important fact is that the temperature does not immediately fall, but that the nervous phenomena are quieted and abundant sweating occurs.

## 2. PNEUMONIA OF ADULTS.

Although the analogy between pneumonia and typhoid fever, as stated above, is marked, the author refrains from the cold friction bath in this disease for reasons stated below.

Pneumonia occurring in adults has long been treated by Jürgensen and others with cold baths of 69°-70°, of ten to fifteen minutes' duration, and large quantities of stimulants to counteract heart failure.

Dr. A. Vogl, chief of military hospitals in Munich, has in a written communication informed me that he has found the baths, as applied in typhoid fever, of great value in pneumonia. Being a very careful and conscientious clinician, however, he was unwilling, upon the strength of only a few hundred cases, to furnish practical deductions.

The gentlemen who report therapeutic successes from, or sweepingly condemn cold baths upon results derived from a few cases, may here draw a valuable lesson of caution. This has been the author's reason for withholding in this work his own experience as an argument, wherever larger statistical material could be brought to bear upon the subject from other sources.

In a recent address before the Medical Society of Munich, Vogl\* gives unequivocal approval to the friction bath precisely as used in typhoid fever (Braud method, page 168), because the therapeutics of pneumonia, aside from the dietetic management, have no influence on the cause of the disease and no power to aid the failing heart. He claims to have been moved to the adoption of the friction bath in pneumonia by its reduction of mortality in typhoid fever, in which he had so often seen pneumonia favorably influenced by the cold friction bath. In this disease, as in the former, the specific effect is evoked not against the disease, but for the protection of the organism against the general infection. Vogl prefers to base his claim upon the easily observed effect of these baths upon the circulation, respiration, and inner-

\* *Münchner medizinische Wochenschrift*, 1902.



vation, rather than upon statistics. It is to be regretted that he has omitted the latter, because he has furnished the only convincing statistics in therapeutics of typhoid fever. The patient holds his breath involuntarily upon entering the bath, but soon begins to inspire deeply, and to expectorate; interrupted voice and cyanosis diminish; he breathes freely and brightens up after the bath. The pulse indicates how much the heart has been relieved. Vogel claims that the relief is so great that when it ceases the patient very often desires a repetition of the bath. As in typhoid fever, he advises all cases reaching 103° F. to receive the friction bath if no organic heart disease, arterial sclerosis, emphysema, etc., contraindicate. "Executed in this manner, the cold bath offers absolutely no danger to the pneumonia patient, I am convinced." The positive views of this competent and judicious authority deserve careful consideration.

In a discussion on pneumonia,\* Dr. Charles B. Folsom stated that he had tested the cold-bath treatment in thirty-six severe cases in the Boston City Hospital. He was more than satisfied with the results. In marked contrast with the bath treatment of typhoid fever was the fact that all these patients said that the baths were grateful to them. These baths controlled the fever, diminished the cough, lessened delirium, and induced sleep.

Dr. Northrup, physician to the Presbyterian Hospital, said "that a bath of 90° F. would often calm a very excitable patient with an alcoholic pneumonia, and would at the same time improve his general condition. He had proved by experience the benefits of hydrotherapy in pneumonia, and believed that in this disease the effect of such treatment could be briefly summed up by saying that it quieted the mental excitement, improved the quality of the pulse, increased the depth of the respirations, and procured sleep."

Professor Strumpell† advocates tepid baths (90°-92.5°) as the most effective means of improving the respiration, of aiding expectoration, and of stimulating and refreshing the whole system. "The main point is that the patient should make no physical exertion in the bath; that he should be lifted into it, held and supported while in it, and lifted into bed again after it. The favorable action of the baths is especially seen in the great relief and refreshment that the patient feels. The respiration is quieter and slower, but deeper; the patient often falls into a quiet sleep after the bath."

My observation agrees with that of Strumpell, that the disturbance and agitation incident to a cold tub bath increase the lung disturbance. If the patient is very dull, cyanotic, and presents great

\* Medical News, January 23, 1887.

† Text-Book of Medicine," p. 205.



nerve prostration, resembling the typhoid state, I do not hesitate to choose between the two evils, an increase of the local disturbance and a decrease of nerve prostration, by placing the patient into a bath of 80° F., or less, or seating him in water at 100° and pouring several basins of water at 65°-75° F. over his head and shoulders. This has been referred to (page 333) as a valuable heart tonic. It serves, by deepening the inspirations, to dislodge accumulations in the bronchi, which have crippled the healthy as well as the affected lung.

*The Chest Compress.*—In my own observation the chest compress has proved the most useful hydropathic procedure in pneumonia.

The technique of this procedure has been explained on page 142, with a detail that may seem needless, but these details insure precision, and upon their exact execution may depend success or failure. The physician should himself supervise the first application, just as he should supervise the first Brand bath in typhoid fever. A skilled nurse can apply these compresses with a minimum of disturbance.

There is need, too, of individualization. In the average case a temperature of 60° F. will be appropriate. Should the patient evince stupor or muttering delirium, a lower temperature should be adopted, and the chest should receive one or more dashes of colder water before renewal of each compress. The same procedure is useful in bronchopneumonia, when the bronchi are blocked by secretions or cyanosis exists. In a case which I had the privilege of seeing with Dr. E. J. Ware, this application proved its worth. By skillful management the patient had been sustained up to this time. The right lung in its entire posterior aspect was solidified. The temperature was usually below 102° F., and the pulse exceedingly rapid. There was no dyspnea. In this case the modified procedure referred to was extremely valuable. Inspiration soon deepened, the heart slowed, and in a few days the patient rallied from a most desperate condition.

A higher temperature than 60° F. may be used if there be much agitation, insomnia, or excitability. In the latter event great benefit will accrue from allowing the compress to remain two hours and moistening it more thoroughly, which converts the compress into a soothing fomentation that is not relaxing like a poultice.

In a colleague, whom I had the privilege of seeing with Dr. Palmer Cole, there was complete involvement of the entire right and subsequently of the left lung, with temperature ranging from 103°-105° F., the heart action being fair. The patient being a morphine addict, there was a decided neurotic element in the case, involving insomnia and great agitation. The compresses were applied hourly, despite the high temperature, but they were allowed to be quite moist, in order

to obtain a calming effect. Dr. Cufó says: "The patient has no recollection of what had occurred during a period of four weeks. He subsequently thanked me more for having cured him of his opium habit than for saving his life. I have not the slightest doubt that the patient owed his life to the persistent external use of cold water, and that under any other treatment he would have died."

*Rationale of the Cold Compress in Pneumonia.*—No remedial measure deserves adoption by the profession unless the rationale can be satisfactorily explained. Besides the usual effect of applications greatly below the temperature of the skin, there is added probably a direct reflex effect upon the pulmonary circulation, arising from the relation of the nerve supply of the cutaneous covering of the chest walls to the cerebrospinal centres. Recent experiments<sup>†</sup> have shown that the pulmonary vessels are supplied by vasomotor nerves through the roots of the second to the seventh dorsal nerves. The scapular reflex area, which lies in the skin between the scapulae, is connected with the first three dorsal ganglia, while the "epigastric reflex," which resides in the skin of the epigastrium and sides of the chest, is connected with the fourth, fifth, sixth, and seventh dorsal ganglia. Hence a positive effect upon the vasomotor supply of the lung may be evoked by covering the entire chest, to a line with the umbilicus, with a compress more or less wring out of water forty to fifty degrees below the temperature of the skin.

The therapeutic indications are—(1) to stimulate and refresh the nerve centres with a view to enhancing the patient's vital powers; (2) to prevent and control heart failure; (3) to reduce temperature; (4) to eliminate toxins.

The nerve centres are well stimulated and rehabilitated by the repeated gentle shocks and subsequent reactive stimulation of the sensory fibres in the skin, both of which are conveyed to the central nervous system and thence reflected to the organs, upon whose functioning capacity depends the patient's ability to resist the toxic agencies circulating in the blood. We aim here to accomplish precisely the same object as with the Brand bath in typhoid fever. The milder form of "shock" is better adapted to pneumonia because it is less disturbing, and because the toxæmia induced by the diplococcus is less intense in the average case, and certainly has only one-third that of the life period of the *Electa bacillus*.

After a few compresses the patient grows more calm, the inspirations, which are deepened by each application, continue deeper, dyspnoea is markedly relieved, sleep comes, appetite improves, and the

<sup>†</sup> Medical News, February 19th, 1898.

<sup>‡</sup> "Text-book of Human Physiology," Lancelotti and Starling, vol. I., p. 149.



skin and kidneys begin to act more freely. These clinical evidences demonstrate the correctness of the rationale enunciated above.

The maintenance of the heart action is accomplished by the wet compresses in the following manner: When the cold compress is applied, there is a rapid contraction of the cutaneous vessels, which raises the tension at once, but eventuates in a tonic dilatation of these vessels, which is evidenced by a ruddy hue of the skin. This dilatation differs very decidedly from that relaxed condition of the cutaneous vessels produced by warm poultices. The latter relax the vasoconstrictors, producing a paretic condition of the vessels, or a stasis, while cold applications stimulate the vasodilators, giving rise to an active dilatation, with maintenance of the tone of the vessels, an active hyperemia, by reason of which the blood is propelled more vigorously through them. The heart is thus relieved; not by a *vis a tergo*, as is the case after digitalis, but by a *vis a fronte*, formed by broadening of the blood stream in the cutaneous capillaries, whose enhanced tonicity aids at the same time in propelling the blood onward. Arterial tension is increased, as is evidenced by the better filling of the radial arteries. The right heart is indirectly aided by this enhancement of the general tone in the vascular apparatus, and may thus expend more force upon the pulmonary circulation, whose vessels contract more firmly by reason of the dilatation of the superficial vessels. Moreover, the vasomotor control of the entire pulmonary circulation is, as stated above, under the influence of the effects arising from the "reflex areas" which are stimulated by the thermic excitation from cold.

Bomberg has by injecting Fraenkel's diplococci into rabbits recently confirmed what I have for many years insisted upon, that the heart is embarrassed by reason of the incompetent peripheral circulation in infectious diseases. The dyspnea and overloading of the right ventricle are not due chiefly to lung infiltration, because when crisis ensues the exudation is not at once removed, and yet the respiration and circulation are relieved at once. This can be accounted for only by the sudden relief of the nervous system from toxic elements generated by the diplococcus, whose activity ceases at once when it has reached the end of its natural life period. It is probable that crisis ensues when the antitoxins evolved in the natural course of the disease have attained an overbalance of power. The battle between the diplococcus, with its allies, and the patient's vital powers, is at an end. The most important effect of cold applications in pneumonia is, therefore, the aid and sustenance they furnish to the nervous system, which bears the brunt of the fight. The improvement of cardiac action is one of the results.

*Reduction of temperature* is an important therapeutic element in these cases. Persistent high temperature may enfeeble the heart, and



certainly depreciates the nerve centres. Some good clinicians claim that high temperature is the chief danger to patients suffering from pneumonia. Since my argument against this view\* I have repeatedly expressed opposition to this firmly established error, an error which has given unhappy prominence to the coal-tar antipyretics in the therapy of fevers. If any further testimony is needed to lay this ghost, which has so long affrighted timid practitioners, to rest, the statements of Hutinel, Baginsky, and Strimpell, cited above, demonstrate that we should cease to regard elevation of temperature as the cardinal symptom for therapeutic attack in pneumonia. While, however, these clinicians fully corroborate my own views expressed eight years ago, I may say that high temperature, though not actually and directly a lethal factor by inducing fatty degeneration of the cardiac muscular fibre, does seriously cripple the work of the heart by imposing upon it more rapid action, and it does seriously interfere with the patient's comfort. *High temperature, therefore, demands careful attention by measures that are not harmful* like the routine use of coal-tar antipyretics. I do not hesitate to use the latter occasionally when high temperature is associated with sleeplessness or great agitation. They give great comfort to the patient, but they should be employed only once in twenty-four hours.

The susceptibility of pneumonia patients to temperature reduction, and the great facility with which the temperature may be reduced, render great care in the application of these measures imperative. For this reason I have abandoned cold baths, and have dwelt so minutely upon another hydropathic method. That so mild a procedure as the wet compress should be capable of reducing high temperature in pneumonia I have numerous charts to demonstrate. The decline is not so rapid as after cold baths, but it is pronounced and steady. It does not ensue after one or more compresses, nor does it follow the course of temperature reduction observed after cold baths in typhoid fever. The temperature decreases day by day one or more degrees. This is not the result of direct refrigeration; such an effect is neither aimed at nor obtainable. When a compress at 60° F., covered with flannel is applied around the chest of a pneumonia patient who presents a temperature of 102° to 106° F., there is an immediate cooling of the surface covered by it, which is followed by a gradual reaction with a more or less rapid rise of the surface temperature, until the latter is nearly the same as it was previous to the application. The surface is now bathed in a vapor produced by the heating of the compress. If the latter be allowed to remain sufficiently long, the flannel covering receives the vaporized water, and slowly passes it outward until the compress becomes dry. But if

\*Transactions of the New York State Medical Society, 1892.

the compress is changed, as indicated above, the vapor is more slowly removed, and the skin and compress are found to be cooler than is the flannel covering. Thus the gradual cooling process is continued until a fresh cold compress is applied, when the skin, more sensitive by reason of having been bathed in this warm vapor, feels the "shock" more distinctly and reacts more fully. The error is not infrequently committed of covering a wet compress with cold silk. While this would protect the bed and clothing of the patient, it would defeat the object of the compress by converting it into a poultice. If the body temperature is 103° F. or over, the compress applied as above becomes warm in half an hour, although evaporation of the moisture through the flannel renders the skin under it cooler than other parts of the body. When it is renewed, the repetition of the gentle shock and tonic dilatation occurs. Thus a slow cooling process, not relaxing or in any way depreciating, is maintained, which gradually lowers the general temperature, calms the patient, and contributes much to his recovery.

How far this cutaneous hyperæmia acts as a revulsive, it is impossible to ascertain, but it is a well-known fact that such superficial hyperæmia is always accompanied by contraction of the blood-vessels in the deeper underlying parts. Thus may a favorable effect be produced also upon the inflamed lung tissue, and its circulation be improved.

3. The *elimination of uricæ* is promoted by the wet compress, as by all cold hydropathic procedures.

This antitoxic eliminating effect is increased by frequent libations of water. It is my custom to administer in pneumonia, as in typhoid fever, six ounces of cold water every two hours, alternating with the same quantity of cold milk, night and day, when the patient is awake. The enormous increase of urine is scarcely credible. I have charts showing from sixty to one hundred and twenty-two ounces in twenty-four hours.

*A Peculiar Effect.*—There is a striking peculiarity impressed upon the regular course of croupous pneumonia by the method here outlined, to which I desire to call attention. Although the fever, dyspnea, and other distressing manifestations yield, to a remarkable extent, in a large proportion of cases, in a few days, the physical signs do not change in a proportionate degree. Indeed, I have observed a distinct crisis in only about forty per cent of the cases so treated; in the remainder, the disease ended by lysis of a very slow type. Improvement of the general symptoms goes on, the patient seems well, and is anxious to rise, but a dull percussion note, muffled breath sounds, and bronchial whisper bear testimony to lingering exudates for many days, despite normal temperature. When the latter exists in the afternoon I allow the patient to rise, as was illustrated in the following case.



H. E.—, sickened on December 8th, 1895. His temperature ranged from 102° to 104° F. for four days, without any pronounced physical signs in the lungs, which were examined every day. On December 12th, consolidation of the posterior lower half of the right lung was made out. The mouth temperature was 104° F. at 3 P.M.; cough had been distressing several days; there were some rusty sputum and increased dyspnea. The family being greatly alarmed, Dr. A. A. Smith was called in consultation, but did not see the patient until the next morning. Calomel having been administered, the wet compresses were applied, with the effect of bringing the temperature down two degrees in five hours, and producing good sleep. After twelve compresses the temperature was 102° F. at 8 A.M. When Dr. Smith saw him at ten o'clock he found him so comfortable that he expressed surprise at being called, and concurred in the treatment. Physical signs of consolidation were distinct. There had been no other treatment except five drops of dilute hydrochloric acid every two hours, followed by six ounces of water as a placebo. Temperature reached the normal point once every day for two days, and remained normal for ten days, when the patient was dismissed. Physical signs continued during Dr. Smith's attendance, and dulness of the percussion note had not entirely cleared up when I last saw the patient, although he was free from temperature, had a good appetite, and was able to sit up.

Clinical results confirm the rationale of this treatment, and attest its value. A quarter of a century ago the greatest living German clinician, Professor Niemeyer said: "I have made extensive employment of cold in the treatment of pneumonia, and, relying upon a large number of very favorable results, can recommend the procedure. In all cases I cover the chest of the patient, and the affected side in particular, with cloths which have been dipped in cold water and well wrung out. . . . In the hospital at Prague, every pneumonia is treated with cold compresses, and, according to the statement of Smoler, it is exceptional for a patient not to feel material relief from the treatment."

Why has a treatment which had received high commendation by so eminent a teacher not become an established practice in a disease which so often baffles the physician under other management?

For the student of the history of hydrotherapy this question is not difficult to answer. Although water is an orthodox remedy, to which Hippocrates devoted almost an entire book, and although it has been highly commended by eminent physicians at various times, it has not become the common property of the profession, because *most of those who taught its use and value went incorrectly, failed to give definite directions for its application.* Niemeyer illustrates this point. He simply advises "cloths wrung out of cold water to be applied to the chest" of the pneumonic patient. The temperature of the water, the duration, technique, frequency of repetition, were left to the discretion and good or bad judgment of his hearers and readers, and yet these are far more important in hydrotherapy than are the preparation, time of administration, frequency, etc., in prescribing medicinal agents.



Just as Niemeyer failed to create a permanent following for the practice which he so highly lauded, so has another justly famous American teacher failed to impress upon the profession a practice which he had taught in 1870, as follows: "If there be anything I should rely on in pneumonia, if the temperature is very high, it is cold water." If this excellent teacher had been as explicit in giving temperature, duration, etc., of the "cold-water treatment," as he was in giving the doses of the medicines he advised, the valuable lessons he endeavored to inculcate would not now (twenty-eight years later) require to be taught anew; they would have served as a beacon light to the vain searcher after reliable therapeutic methods in this fatal disease.

Statistical evidence to prove the value of the measures here advocated, or of any other method of managing pneumonia patients, is indeed very difficult to produce. The type of the disease differs very much; in private practice the number of cases is too meagre, and observations are too inaccurate and unreliable. The author has not lost a case of uncomplicated crepuscular pneumonia in private practice since the adoption of the management of patients here outlined. In hospital work the chief element of success with this method, viz., its application in the early stages of pneumonia, is unfortunately absent. Its favorable influence upon the progress of the disease is attested, however, by the statistics of one hundred and fifty-six cases in the J. Hood Wright Memorial (formerly Manhattan General) Hospital, in which the total mortality from pneumonia has been reduced one-half since the method here advocated has been adopted by the entire staff; while in the cases admitted before the fifth day the mortality has been twelve per cent against thirty-seven per cent under the formerly prevailing expectant plan, many patients being badly nourished or addicted to alcohol. These cases were under the observation and treatment of my colleagues, Drs. Daniels and Knickerbocker, and myself.

*Catarrhal Pneumonia.*—The method described above is, with slight modifications, equally favorable in catarrhal pneumonia. When the latter occurs in infants or children, cold affusions are more frequently required than baths; in adults ablutions of the chest are useful adjuncts to the supporting measures usually applied in these cases.

Ample confirmation of the value of the chest pack in pneumonia may be cited from the literature of the subject. Jackson\* relates his experience with it:

"In order to obtain the effects to be desired in this treatment, the cold must be freely applied and with a firm hand, until the effect of a reduction of temperature and arrest of symptoms occurs.

\* *Therapeutic Gazette*, 1892.

"The treatment is grateful to the patient. It can be managed without inconveniencing the sufferer, by the exercise of a little ingenuity. It is prompt in its effects for good, and it is easily applied.

"Under the usual routine treatment of positives, expectorants, and whiskey, I can quite understand Dr. Osler's view as to the non-efficiency of treatment. But with the experience of the free use of cold, in the manner herein outlined, and in view of the etiological considerations advanced, I feel that a new and happier era is dawning in the treatment of pneumonia."

In order to offer the reader a fair and unbiased review of other hydropathic methods recommended by reliable clinical observers in pneumonia, the following abbreviated statement of Dr. Fenwick, of the London Hospital, is cited. In the *London Lancet* Fenwick furnishes an analysis of 1,000 cases of pneumonia treated by different methods during the last ten years. In 56 cases treated by cold sponging, the mortality was 13 per cent. The "ice cradle" was used in 43 cases; mortality only 7 per cent. By all the various cold applications 108 cases were treated, with 10 per cent of failure. By all other grouped phases of treatment the losses were double those by the cold method. Stimulants were given in those latter cases whenever indicated. Cold appears to be the best of the antipyretics for the class of patients with which Dr. Fenwick has to deal, chiefly for the reason that it has less of depressant action upon the heart than antipyrin, quinine, etc.

The aim of the author being a perfectly fair representation of the subject, this contribution from a well-known clinician will prove valuable in moulding opinion.

*Ice Packs.*—This treatment has been warmly advocated by Dr. T. J. Mays, of Philadelphia, who brings strong statistical testimony to its support.\* The cases cited by Dr. Mays are the result of a collective report from general practitioners in different parts of the United States. Eighty-one of these cases are reported with sufficient detail to enable him to tabulate them. All the cases in this table bear a record of the sex and age of the patient, the highest temperature and greatest frequency of respiration reached during the attack, the number of days intervening between the chill or the beginning of the disease and the day of crisis, or the subsidence of fever; the presence or absence of delirium, the unilateral or bilateral location of the disease, the result in each case, together with remarks, and the names and addresses of the reporters; they are chiefly from private practice.

The ages ranged from three weeks to seventy-five years; the temperature from 100° to 107°. There were 108 cases of single and 38 cases of double pneumonia; crisis ranged from the first day to the twelfth day of treatment.

\* *Med. Times*, Philadelphia County Med. Soc., 1895.



The mortality was 3.58 per cent.

Dr. Mays says: "Cold has a marked and decided influence on the pneumonic process, not only in bringing it to a favorable termination, but materially to shorten its course. This abortive power of the ice has been noticed and spoken of by many of the observers in my collection, and I believe that it demonstrates the great value of the remedy more than anything else."

Dr. C. A. Drew\* reports favorable results from the ice treatment in the pneumonia of habitual drunkards. Under the routine treatment the mortality in 61 cases had been 33 per cent, while under the ice-bag treatment the mortality in 25 cases was 4 per cent. He states that he would prefer the chest-compress treatment of the author in cases with moderate temperature and prominent nervous symptoms. In cases with high temperature and pain he applies ice bags provided with drainage tubes on each side of the chest over the thim under flannel. In view of the extreme fatality of pneumonia in drunkards, this method deserves a trial.

While the statistical evidence of the ice-pack treatment is very interesting, I cannot accept all the elements of the *rationale* offered by Dr. Mays to explain its favorable action, especially the direct cooling effect upon the lung. It would seem that its success is due chiefly to its fulfilling all the indications in pneumonia almost as well as the chest compresses. The ice applied in bags, which are wrapped in towels and placed over the affected area, cannot reduce the inflammatory process in the lung by the direct effect of cold. That the latter is an erroneous idea has been proven by the experiments of Silex and Gilman Thompson. The *rationale* of the favorable influence of the ice-compress treatment, however, is not difficult to explain upon recognized principles of hydrotherapy. The towels which envelop the bags of ice soon become thoroughly wet by melting, and condensation on the outside of the rubber bag dampens the under vest; thus the ice pack becomes practically a continuous wet-compress, with the disadvantage that complete reaction, which is so useful in repeated cold application by arousing the nerve centres, is prevented. Being applied upon parts of the chest only, undesirable results are prevented. The objections to ice compresses would seem to be that their uneven surfaces render them uncomfortable when applied to the posterior portions of the lungs, the patient lying on the back; and that their weight when applied anteriorly must render them inconvenient. In consideration of these facts I have not felt justified in applying this method of ice packs so long as good results were obtained from the wet compresses.

Experience obtained since the publication of the second edition

\* Boston Medical and Surgical Jour., 1907.



confirms the statements made above. *The Medical Record* of September 30th, 1905, contains the following results of my observation:

"In my private practice the exact number of cases treated during the past twenty years is not available; but the lowest estimate would probably reach one hundred cases. The mortality statistics of the New York Board of Health will show that I have reported but two deaths from pneumonia during the past twenty years. One of these was an alcoholic, the other a woman to whom I was called on the third day, when she had a temperature of 105° F., and the incredible number of forty movements from a large self-administered dose of Epsom salts. She survived three days. That my cases were not all of a mild type is attested by the fact that among those still fresh in my memory are several in old bulæ; one, seen with Dr. E. H. Rodgers, was a diabetic with distinct anæsthesia, suffering from influenza, in the course of which both lungs were successively invaded. Three other desperate cases happen to be remembered because they occurred in colleagues. One was seen with Dr. Palmer Cole, who has reported the case; another with Dr. Ewing, and a third with Dr. Herff in San Antonio, Texas, where I happened to be sojourning for a few days.

"It is unfortunate that few physicians preserve the records of acute cases, in order to afford evidence of therapeutic results and other valuable data. In cities, however, a resort to the Board of Health statistics would enable us to reach an approximate estimate of the fatality in our cases of pneumonia."

Confirmation of the method advocated by the author is recorded in *Medizinische Klinik*, No. 44, 1906, in an article on the treatment of pneumonia by Staff-Surgeon Paul Schichold, of Dresden, who reports on two hundred cases treated by "the wet yeast" which is a modification of the author's chest compress (see description on page 142). He applies it every hour practically in the same manner, using a blanket instead of flannel covering for the compress, wring out of water at 55° to 60° F. Schichold reports improvement of the patients' general condition in nearly all the cases; respiration became more free and deeper, stitching pains were relieved, the patients became less apathetic. They almost invariably liked the compress, because they experienced decided relief. Expectoration was furthered. Cardiac activity was enhanced, the pulse became more regular and stronger. Five minutes after the application of the cold compress, blood pressure (obtained by Gaertner's tonometer) rose 15-20 mm. Hg; it diminished after withdrawal and increased on renewal of the compress. Mostly the pressure did not after a few compresses return to its previous low level. He avoided medication, except in very serious conditions the use of oxygen inhalations.

The temperature reduction was very remarkable, and did not consist, as is the case after baths, of a reduction which is quickly followed by a rise. Temperature remained essentially continuous between 38.5° and 39.5°.

Schickhold has observed the same effect of this treatment upon the crisis as the author. He states that "a purely critical reduction of temperature is far more rare than a lysis; both occur far earlier, sometimes on the second or third day. It was an immense advantage to the patient that out of 175 cases 131 had no crisis, with its great demand upon the heart. Neither involvement of the other lung nor of the pleura was prevented."

The mortality was reduced to 1.6 per cent (of 178 cases treated with the wet vest, only 3 died), 1 of these the result of cerebral embolus, and another complicated with old valvular thickening.

Schickhold continues to apply the wet vest after the temperature has become normal. His experience was confined to soldiers of twenty to twenty-five years with few exceptions of women, and children over eight years. He claims that this treatment is without result in catarrhal, bilious, influenza, and streptococcus pneumonia and unfavorable in old people with myocarditis and arteriosclerosis. In this view the author can not coincide, having obtained positive amelioration in such conditions, and not rarely good results even in hospital practice. As in typhoid fever the results of hydropathic measures in pneumonia are influenced favorably by early application. In both diseases they are not curative but enhance the resisting capacity of the organism and in this manner prevent lethal conditions.

Another series of 90 cases reported by an Austrian military surgeon, Dr. Neuper,\* was treated by chest compresses and cold towel rubs three or four times daily, alternating with wet chest compresses. A complete record of 90 cases is given with 1 death.

Summary.—In conclusion the author would not presume to regard the method here advocated as an ideal one. But when the statistics of a hospital† recovering the worst types show an improvement of 66 per cent in mortality, and a military hospital with exact statistics shows a mortality of only 1.6 per cent, and private practice shows a reduction to 2 per cent, the author may regard it as a solemn prerogative to suggest a fair trial of his simple method, which is but an evolution of all methods practiced by him during forty-five years, including cupping, blisters, poultices, cotton jackets, mercurialization, antimony, ventrum vivide, quinine, opium, antipyretics, and expectorant.

\*Bismarck Klin. Hydrotherapie, January, 1902.

†These statistics were carefully gathered by the house surgeon, Dr. A. J. Witton, who became my successor in the hospital ten years later and continues this method.

## CHAPTER XVII.

### ENTERO-COLITIS.

ENTERO-COLITIS plays havoc among children whose diet and hygiene have been defective. As long as summer diarrhoea was regarded as a purely inflammatory disease, the treatment continued unsatisfactory; the mild cases recovered and the more severe succumbed. The prognosis has become more favorable since the faulty character of this theory became apparent, and since the substitution of hygienic measures for the formerly prevalent active medicinal treatment, together with more careful attention to the removal of irritating matters and a due regard to food and other hygienic essentials. It is now the almost universal belief that this disease is chiefly, though not solely, due to the ingestion and multiplication of micro-organisms which create in the gastro-intestinal tract conditions somewhat similar to those found in wounds to which septic material has had access. As in the latter we observe heat, redness, and swelling, signifying inflammation, with all its concomitants and sequelae, modified by the position and functions of the parts involved; so have we in the former inflammations whose disturbing influence is exerted upon the organs involved, and which give rise to the manifestations of so-called enterocolitis.

The indications of treatment are:

- 1st. To diminish or remove the source of bacterial supply.
- 2d. To neutralize the disturbance produced by the bacteria.
- 3d. To remove them from the intestinal tract.

4th. To meet the nervous prostration, inanition, exhaustion, and other manifestations due to the diarrhoea.

1st. This indication exists only in an artificially fed infant. A wet-nurse should, if possible, be procured. This being impossible, it is necessary to look into the mode of preparing the food supply, *i.e.*, pasteurizing or sterilizing all the milk, and scrupulous attention to its preparation for the bottle, are of the utmost importance. All these are familiar to the intelligent physician.

2. To neutralize the disturbance produced by the ingested and multiplying bacteria. In the treatment of nausea and vomiting, rest of the stomach stands first and foremost. The stomach cannot be at



rest until all fermenting material be removed from it. This may be accomplished by the copious administration, by the spoon or transfusion-bottle, of warm water, to which a small quantity of saccharin has been added. Irrigation of the stomach, by means of a soft-rubber stomach tube of small dimensions, is a measure of the greatest value (see *Technique*, page 290). Every physician realizes that the enforcement of absolute abstention from food and drink in the early stage of diarrhoea cannot be too strongly impressed upon the mother. It will require all the *suavitas* she possesses to execute the physician's directions. She may be convinced by the argument that, since everything the baby takes is rejected, it is futile to continue to feed it or even give it water.

3d. To remove the bacteria from the intestinal canal is the leading indication. It is important that all fermenting material which offers a nidus for their development should be swept out. A full dose of castor oil, or when the stomach is irritable a dose of calomel, will remove the entire mass from the upper tract. It will not be necessary to repeat the purgative if it is followed by thorough irrigation of the large intestine with sterilized warm water.

Experience has convinced me that thorough irrigation of the large intestine, administered by the physician or by a competent nurse under special instruction, every ten or twelve hours, lessens the number and changes the character of the movements, and produces a most soothing effect upon the patient. I have frequently seen infants who had been tossing in pain, purging and vomiting, drop into gentle slumber while the water was still flowing. Almost invariably a quiet slumber follows the irrigation, the purging ceases or is much modified, and the whole aspect of the case is changed. The result of irrigation is the removal of bacteria, mucus, undigested food, and fermenting material. That this effect is feasible is evident from the anatomical lesions. The lesions in summer diarrhoea are most frequently found in the cæcum, sigmoid flexure, and upper part of the rectum.

Hence we may safely assume that the irrigations reach the diseased surface in most instances. Thus we follow the indications of modern therapeutics, to *treat local troubles by local measures*, as far as possible. The inflamed parts are not only soothed by these warm irrigations, but the *materies morbi*, which maintain the disease, are removed and neutralized in the most thorough manner.

4th. To meet the manifestations due to the diarrhoea, and probably to absorption of ptomaines, is a plain indication. Prostration of the vital powers is often rapid and pronounced, threatening a speedy fatal issue in many cases, from the very inception of the disease. I confess that, until recent years, the true cause of this alarming condition escaped me. Since the recognition of high body temperature from

ptomain poisoning, and of this toxæmia as the chief cause of the prostration, the prognosis of these cases has become far more favorable.

An elevated temperature range frequently marks the advent of "summer diarrhæa," especially of the acute alarming types. Indeed, if the rectal temperature were more systematically observed, it would be discovered that a large number of severe cases are ushered in with and maintain a temperature ranging from 102° to 106°. So deceptive are the cool skin (especially of the extremities) and the clammy sweat produced by relaxation consequent upon the nausea, vomiting, and diarrhæa, that the high internal temperature is liable to escape observation unless the thermometer is introduced into the rectum.

*Baths.*—In acute cholera infantum baths are of paramount importance, affording more positive relief and contributing more to the cure than all other measures.

This form of summer diarrhæa has by some not inaptly been regarded as a type of heat stroke. Whenever the temperature exceeds 102° F., a cooling procedure is indicated. It is important that the proper method of bathing should be adopted, and that its rationale be well understood.

In these cases there is usually profound involvement of the nervous system, frequently manifested by a dull, apathetic countenance, sunken eyes, deadly pallor, cool extremities, not rarely terminating in outspoken eclamptic seizures. Medicines and stimulants are useless, because the stomach and rectum do not tolerate them. The child should be put at full length into a tub of water at 90°, after its face and head have been bathed with cold water; gentle friction should be constantly made, while some one is removing with a pitcher the tepid water and replacing it by ice water poured over the side of the tub farthest from the patient's body. The temperature of the bath is thus gradually lowered to 80°. If there be marked cerebral disturbance, water at 60° may be poured upon the head and shoulders for five seconds. The child's body, except the head, must be entirely submerged. Its cries and protestations of chilliness must be met with gentleness, yet with firmness. For five to ten minutes the agitation of the water and friction of the body should be kept up, unless cyanosis of the face or decided shivering ensue. The latter will be prevented by active friction, which stimulates the peripheral circulation. It is advisable to tilt the tub by placing a block or brick under the lower end, so that the feet are not submerged, and may be thoroughly rubbed during the bath.

After the bath the child is placed upon a linen sheet, previously laid smoothly upon a blanket. If the rectal temperature before the bath—and it should always be taken at this time—has been 103.5°



or higher, the child is wrapped in the sheet so that every part of the body and extremities is well covered by it, the blanket is snugly wrapped over and tucked under the body, which is thus left to dry. If, on the contrary, the temperature has been below  $103.5^{\circ}$ , the child should be gently mopped dry and its clothing be replaced at once. Such a bath is almost invariably followed by a calm and refreshing slumber, from which the child awakens bright and comfortable.

Let it be understood that the object of this bath is not alone to reduce temperature, although this is an important incidental result. We have here a vasomotor enfeeblement, as evidenced by the pallor of the entire body, even when a high temperature is registered in the rectum. By immersing the entire body in tepid water we produce a mild cutaneous excitation, which is gradually increased by the removal of warm and the addition of cold water, and is enhanced by frictions of the body and constant agitation of the cooling water against the skin. These gentle shocks are not beyond the child's reactive capacity; they are succeeded by equally gentle reactions, so that the cutaneous vessels dilate, as evidenced by redness of the skin. If, in addition, the face and head are bathed with water at  $60^{\circ}$  or below, the "shock" and reaction are increased, the respiration deepens, and the heart beats with more vigor and less rapidity, the eye brightens, the color returns to the lips, the child becomes more animated. Repetition of the bath must be guided by the effect. If reaction is feeble, the duration of the bath demands shortening; it may be advantageously substituted by an affusion over the shoulders with water at a lower temperature ( $50^{\circ}$  or  $75^{\circ}$ ) followed by friction.

The effect of a skillfully administered bath in the condition of nerve prostration incident, in many children, to acute summer diarrhoea, must be observed to be fully appreciated. In my experience it has been an inestimable boon, affording hope and comfort under the most trying and desperate conditions. My mind still retains vivid recollections of the days when I was a student and of the early years of my practice, when the condition of profound adynamia, usually associated with hyperpyrexia, was called spurious hydrocephalus, and the patients were allowed to die under blisters to the nucha and small doses of calomel, etc. These cases do not now come under my observation; they are forestalled by the bath and by more rational treatment, foremost in which is judicious gastro-intestinal irrigation.

When there is objection or prejudice to tub bathing, or when there is extreme prostration, or when there are convulsions, the little patient may be placed in the wet pack, or the bath may be followed by the latter to maintain the calming effect. The wet pack is prepared by wringing out of water at a temperature of from  $60^{\circ}$  to  $70^{\circ}$  a small



linen sheet, folded into a third of its usual size, or a large linen towel, and smoothly laid (folded to suit the size of the child) upon a blanket. The child is snugly wrapped in the damp sheet, which may be made more wet if the temperature be high (see *Wet Pack*, page 132). The blanket is now snugly tucked around the child, so as completely to envelop it, like a mummy, to prevent evaporation. This pack may be continued for half an hour or longer if patient sleeps. If the temperature is high it may be renewed. The procedure may be repeated every four hours, if indicated. The previously tossing child will usually drop into a tranquil slumber, from which it should not be aroused. After the wet pack the trunk should always be gently rubbed with a linen cloth not quite wrung out of water at 70° F., and dried.

The effect of the pack or of the bath is readily maintained by abdominal compresses or by the trunk pack at 70°, repeated every hour.

In the *adynamic forms of summer diarrhoea* the general depression of the system arising from the great drain upon the blood and nervous system indicates hydropathic procedures. The pulse is usually rapid; the temperature ranges from 99° to 101°, with occasional exacerbations; the skin is inelastic, the face is shrunken and sallow; in short, the symptoms are those of chronic adynamia, due to imperfect nutrition. To stimulate the appetite, improve the general nervous condition—in a word, to refresh the entire organism—should be our therapeutic endeavor. The most approved tonics and stimulants often fail. In these cases *general oblations*, morning and evening, are preferable to baths. The child is placed upon a soft woollen blanket; the abdomen, chest, and back are rapidly bathed, not sponged, as follows: From the hollow of the naked hand water at a temperature of 75° F. is poured upon the skin, which is then gently rubbed and patted with the same hand. This is repeated until the entire body has thus been treated as far as the knees and elbows. The body is now rapidly dried by placing it upon a linen sheet, using friction with a rough towel if the temperature is below 99.5°, and by gentle mopping if it is above 100° F. If the temperature reaches 102°, a general bath is indicated, beginning with water at a temperature of 95°, which is gradually reduced by agitation and friction to 85°. Gentle drying follows. The treatment may be repeated twice daily.

The refreshing effect of these procedures has been so frequently observed that I do not hesitate to commend them. Many modifications may be applied to meet the various symptoms in *summer diarrhoea* of infants, which a thorough mastery of the principles of hydrotherapy will readily suggest. Suffice it to say that no case should be regarded as intractable or too desperate until some form of hydropathic

procedure (the adaptation of which to each case often requires more judgment than for that of medicinal agents) has been tried.

The following case illustrates graphically the results of this treatment:

P. 8—, infant, six months old, vigorous and healthy, living in one of our best houses on the banks of the Ifeodan, had been weaned one month. Since that time he had been suffering from occasional diarrhoea, which had been treated with more or less success by my friend, the late Dr. Frothingham, and myself for a week. Vomiting and choleraic stools prompted the mother to summon me in haste. I found the little fellow a changed being; his features were pinched, the skin was cold and clammy; the eyes were sunken; he could retain nothing, the bowels ejected a thin, green fluid about every half-hour, sometimes more frequently. Dr. J. Lewis Smith was summoned in consultation.

In the mean time the symptoms grew more and more threatening: the pulse began to fail, the child lay with upturned eyes, pinched features, rapid shallow respiration and cold extremities—on the brink of dissolution. The rectal temperature, to my great surprise, was 100° F. A cold bath was immediately ordered, although the proposition so shocked the mother that she wrung her hands in despair, lest the infant should succumb to the cold. A large bath-tub was half filled with water at 90°. The infant, whose stony gaze indicated the approach of collapse or impending dissolution, was submerged in the water, except the head; the lower and upper extremities were held up and chafed. Cold water was turned on, and ice water was added, while the water was permitted to flow from the tub. In ten minutes the temperature of the water was reduced to 80°. A smile now passed over the baby's face, his eyes lost the stare, and he revived. His rectal temperature began to fall, and in ten minutes reached 100°. He was now wrapped in a cloth wrung out of water at 80°, from neck to knees; hot-water bags were applied to the extremities, and he was carefully covered. He fell into a sweet slumber, from which he awoke when Dr. Smith arrived, to find him rescued from immediate danger. A wet-nurse and careful attention restored the child in a few days.

The author has deemed it fit to enter fully into the prevention and treatment of enterocolitis, because these depend chiefly upon hygiene and water treatment for success. Hygiene has always been intimately associated with hydrotherapy; even those enthusiastic advocates, the water-cure doctors and hydropaths, always combine hygienic directions with their trade hydrotherapy.

## CHAPTER XVIII.

### ASIATIC CHOLERA.

DESPITE the great advances made in recent years in the etiology and prevention of this dread disease, by the inextinguishable researches of Koch and his followers, the treatment still is an *agrobrian medicorum*.

A judicial review of the most reliable literature on this subject would lead to the same conclusion which Sir Thomas Watson reached thirty odd years ago, viz., that "we have made no impression upon the disease by medication."

The most reliable statistics\* give the result of fifteen epidemics occurring between 1831 to 1873, in which 25,753 persons were attacked, of whom 65.8 per cent died. In the Hamburg epidemic 17,975 cases occurred, with a mortality of 42.3 per cent. Since this disease has resisted so successfully the most varied medication, it may be of interest to inquire what has been done and what may be done by non-medical management, especially by *Hydrotherapy*.

In the prophylaxis of cholera cleanliness plays an important rôle. This is an accepted fact. Hence, frequent bathing with warm water and soap must certainly be sanctioned. But this is not all that is needed. We have the authority of Sir Thomas Watson for the statement that people accustomed to daily cold bathing were often exempt from cholera. It is reported that during the epidemic of 1850 not one member of the "Association of Water-Friends" in Berlin was attacked by cholera. Upon general principles, as well as upon actual experience, the daily cool or cold plunge, or rapid ablution with friction, may be regarded as a valuable prophylactic agent during an epidemic.†

In the treatment of cholera subcutaneous and intravenous injections of a normal salt solution have in recent times been regarded as valuable. But the former did not afford brilliant results in the Hamburg epidemic; the latter proved only a good stimulant in the apid stage, and did not tend to save lives.

\* *Atlas*, in "Realencyclopædie," Bd. iv., p. 268.

† Hippocrates mentions the success of cold affusions upon the abdomen in severe diarrhoea. He relates the history of the wife of Aristarchus of Larissa, in whom the diarrhoea was cured by this procedure, although the patient died. Rufus of Ephesus recommended about the middle of the first century cold sitz baths for the treatment of profuse diarrhoea.—Eulenberg's "Realencyclopædie," 341-43, p. 332.



*Hydrotherapy.*—That water has proved itself superior to the opiate or other treatment of cholera, though attested by the most indisputable evidence, is still almost unknown and certainly unappreciated by the medical profession.

In 1831 Professor Guenther, director of the Allgemeine Krankenhaus at Vienna, ordered the entire surface of the body washed with sponges or cloths dipped in cold water, and active friction with pieces of ice made over the extremities and sometimes over the whole body, until it became warm, which was usually the case in five or ten minutes. The patient was now wrapped up in hot blankets.

Professor Casper, of Berlin, placed the patient in an empty tub, if he was dry; or in one containing lukewarm water (92° F.) as far as the navel, if perspiring, and poured three to five buckets of ice-cold water over the head, chest, and back every two or three hours. After this the patient was dried, rubbed, and put into warm blankets. Casper correctly terms this a warming method.

Professor Sachs, of Königsberg, says that cold water is a remedy whose omission in cholera, when it can be used, *he would regard as an unpardonable violation of duty.*

Dr. Wagner, who was active in the epidemics of 1831, 1832 to 1836, regards the cold affusion as of the best service. "Its effect, when it is indicated and successfully applied, is brilliant and almost incredible."

The French minister of commerce sent Drs. Grimaud and Martin to Germany to study cholera, which was then advancing toward France. These gentlemen reported that "of all the methods employed, that by cold has proved the most efficacious, because the number cured is double the number of those who died, a proportion not obtained in any other country."

It should be borne in mind that these citations are not from hydropaths, or water-cure doctors and enthusiasts, but mostly from hospital physicians and professors of medicine at their respective universities. They are confirmed by the reports of Winternitz and Vogl, and this method is susceptible of a more logical rationale than is any other treatment thus far proposed in cholera.

To Wilhelm Winternitz we are indebted for a correct rationale of the action of water in cholera, which is the same as in other infectious diseases, viz., to counteract the toxic agencies under which the system is tottering, to improve the circulation, restore warmth, and increase urinary elimination. He has the patient rubbed with a sheet wrung out of water at 50°-60° F.; this is followed by air baths of 60°-70° F. for ten to twenty minutes, the patient is dried and placed into a warm bed. This is repeated every hour or two.

We have ample warrant for this rational treatment in its successful application in the algid, pernicious forms of malarial fevers, in which Dr. Osler advises placing the patient in a tub and douching with cold water, and of which that veteran in therapeutics, George B. Wood, has said: "If there be any power of reaction left it is apt to be awakened by the shock." *Similar conditions exist in cholera.*

Dr. A. Vogl, chief of the medical army staff at Munich, says: "Because of the lowered surface temperature in cholera, all the various methods of treatment hitherto in vogue were combined with the application of warmth. We may raise the temperature of a cholera patient's skin by wrapping him in hot cloths, wet or dry, just as we may do for a corpse. But the necessary reaction, which maintains the heat at the periphery and sets aside its concentration in the interior of the body, is lacking, or occurs only in slight degree. Indeed, hot applications act inversely by maintaining a passive heat.

"The majority of the reporters from the latest epidemic (1892) have declared themselves opposed to such warming, and especially to the hot bath; they are divided in favor of milder procedures in the form of tepid baths, packs, etc. Still, the middle course is not always advisable, especially when we may expect results from decided treatment.

"Even in the earliest times physicians thought ice rubbing the most effective means of correcting the icy coldness of the skin and weakness of the heart in the algid stage. Among members of our society such men as Pfeiffer, Diel, Leitz, Ernst, Buchner, Schleiss, Graf, have used this agent and declared themselves decidedly in favor of it. *Rubbing the calf muscles, when they are as tense as a board in cholera, with ice reflects more quickly than an injection of morphia.*

"In the epidemic of 1873-74, patients in the algid stage were energetically rubbed all over the body with large smooth pieces of ice until the skin became intensely red; they were then wrapped in warm coverings, and the procedure was repeated as indicated. After this treatment, reaction, with dilatation of the capillary area and perspiration, was a sure indication of progress toward recovery.

"*I consider it of the greatest importance to bring subcutaneous infusion to its desired efficacy. Infusion will accomplish results when nothing more can be expected of hydrotherapy, when the circulation has been promoted by cold applications. The powerful diuretic effect of cold procedures, which is sure to ensue, must also be considered.*

"The majority of medical men still fail to appreciate the intimate connection existing between the peripheral and central circulation. It has often been demonstrated that an attack of obstinate catarrhal

\* "Ueber die Körperwärme und Therapie in den verschiedenen Stadien der Cholera." *Münchener med. Woch.* 1892.



colitis which has resisted all methods of internal treatment is easily controlled by the simplest external application of cold water, such as cold packs, and the diarrhoea of typhoid fever has often been checked by cold baths. Dietl's claim, that 'while cholera is one of the most dangerous diseases, it is also one of the most curable,' should not be ridiculed.

*Method Practised in the Munich Military Hospital.—Early Stage.*—The rectal and axillary temperatures were taken; the patient was then enveloped standing in a cold wet sheet, and rubbed down until the surface of the body became warm. After three to five minutes' rubbing he was wrapped up in a blanket and put into a sitz bath at a temperature of 50° F., where he remained fifteen minutes, being rubbed continuously by the attendants. He was now put to bed with a compress wrung out of water at a temperature of 50° F. applied over the abdomen. By this time the patient began to perspire and feel comfortable. If diarrhoea appeared within four to six hours the same treatment was repeated, which was rarely needed. No internal medication was given. Of sixty-four cases of choleraic diarrhoea received into the hospital, not one received a grain of opium. Most of them were treated with the cold compress and cured in eight to ten days; only a few progressed to choleraic or cholera. Developed mild cases of cholera were treated in a similar manner and absorption of the salt-stress was thus facilitated.

*Mild Stage.*—When dejections were abundant we limited ourselves to rubbing with the cold wet sheet and cold abdominal wet compresses, with an early resort to subcutaneous saline infusions.

"Inject a syringeful every minute till the pulse returns; then, once in five minutes, and later once every half-hour. And not till the urine is secreted in considerable quantity should this procedure be stopped.

"Clinical as well as post-mortem observations have taught us that the shock in the pre-ulgid stage is due to the rapidity of transudation rather than to its quantity. Whatever may be its cause, the object of our treatment must be to strengthen the action of the heart and accelerate the circulation of the blood which has become stagnant. For this purpose no procedure is more effective than such a thermic and mechanical irritation of the skin, as is produced by the above-outlined treatment; and the greater the collapse the more urgent the indications for its employment."

The large material at Dr. Vogl's disposal and his responsible official position conspire to render his views of exceptional value. Since he dispenses with medicinal treatment, which has in other hands also proven so fatal, we invite the attention of the reader to a careful



personal of this logical paper by a hospital physician who is not a water doctor, but who utilizes every remedial agent for the benefit of his patients.

The addition of enteroclysis enhances the effect of external hydrotherapy.

Enteroclysis has been referred to as a valuable agent in the treatment of Asiatic cholera. It was brought prominently before the medical profession by Dr. Elmer Lee,\* who applied it in the cholera region of Russia, Germany, and France, during the summer of 1892. Upon the theory that cholera is a disease resulting from the introduction of filth into the stomach and intestinal canal, he thought it desirable to bend every energy to the removal of this "filth." This should be done if possible before the system was overwhelmed by the toxin arising from its presence in the intestinal canal. The effect of passing into, through, and out of the large bowel of two or three gallons of warm water with soap, is not only directly to remove the accumulated contents of the large bowel, but secondarily, through the sympathetic nervous action of the muscular organism of the small intestine, almost completely to carry off its liquid contents, including every form of bacterial life. When the intestinal canal is cleared of this harmful and filthy mass, great relief is experienced. The full benefit, however, can be obtained only by early treatment.

"The plan, as finally adopted in St. Petersburg, was to take the patient from the ambulance to the bathroom, without delay, and when the clothes were removed, the patient was laid on his back on the irrigating-table, with the knees drawn up and the muscles of the abdomen relaxed, the long tube, after being lubricated with soap, was gently pushed into the rectum and urged by twisting and gentle pressure into the lower bowel, as high as it could be made to go, and the stream of the previously prepared solution of warm water and soap, making a sapsuds, was allowed to run into the colon. When the colon became filled, the pressure exerted would force the water to seek an outlet back through the bowel and out of the opening around the outer surface of the tube into a properly constructed receiving-vessel.

"After the bowels have been cleansed, the patient was placed in a bath of warm water and afterward conducted to his bed. The irrigation was repeated one or more times. The average number of times that irrigations were given in St. Petersburg was twice; occasionally a third irrigation was given, but frequently one irrigation was found sufficient. Within one or two hours after flushing of the bowel the patient would have from one to three or four evacuations, which would be followed by an interval of rest and cessation of from twelve to

\* Medical Record, December 17th, 1892.

twenty-four or thirty-six hours. Relief of the spasm of the intestinal muscles, which produced the intense suffering, followed promptly upon the removal of the irritating contents, and the administration of morphine was not required. In nearly every case the stomach was also irrigated with a solution of salt and water. After this combined treatment vomiting and gurgling in most cases would subside. As an internal treatment I recommended and used hydrogen dioxide diluted with distilled water, given in cupful doses at intervals of three hours, with the object of further cleansing and disinfecting the intestinal canal.

"The first symptom of cholera is diarrhoea, a signal of warning which may be recognized even by the most ignorant peasant. If all cases, without waiting for a bacteriological diagnosis, were brought under this system of management



FIG. 66.—Dr. Elmer Lee's Irrigating Apparatus for Cholera Stations.

it would be reasonable to expect recovery, if not an entire escape from the disease. The lesson to be impressed upon those who have authority, and upon the poor and working classes, is that in times of cholera, upon the first attack of diarrhoea, they should use irrigation. And I would recommend to the authorities the establishment in the districts of towns and cities of a simple but effective apparatus, to cleanse the bowels effectually by a process of irrigation with soap and water.

"The irrigating-apparatus consists of a low table suitably made, as represented in the accompanying illustration (Fig. 66). Such an apparatus should be provided near the homes of the poorer classes as well as in every part of the city, and a physician should be detailed to receive and treat every person with symptoms of looseness of the bowels or abdominal colic. Then, if thought desirable, the patient should be transferred to a hospital, or permitted to return home.



"That the interval between the first symptoms of cholera and the time of treatment is oftentimes fatal, is a lesson which would go far toward relieving anxiety and terror in cholera times."

The number of cases treated by Dr. Lee personally was twenty-seven; the total number of deaths was three, and of recoveries twenty-three, with one whose recovery was not complete at the time of his departure.

The number of cases treated by this system in the hands of the physician of the hospital amounted to nearly one hundred at the time of his departure, but the final records of these cases are yet to be published. The hospital staff at St. Petersburg agreed to give the treatment a trial of six months.

Dr. Lee's experiments in the hospital at Hamburg were confined to two genuine cases of cholera, and its value in these cases was manifest to the cholera staff of physicians.

*Conclusions.*—In the absence of personal experience in the treatment of Asiatic cholera, I have endeavored to place before the reader all that is of value on the subject of hydrotherapy, in order that in future epidemics physicians will not be so helpless at the bedside of the cholera patient. The disease is fatal under the ordinary treatment. The text-books on practice are usually silent on the application of water in this disease. Favorable experience, based upon judicious *raisonné*, demands that external and internal hydrotherapy be given a fair trial, especially as the seeming boldness of these procedures finds ample warrant in the *raisonné* and in their success in analogous conditions.

The treatment may be epitomized as follows: 1. The patient should be wrapped early in a linen sheet wrung out of cold water, over which he is rubbed vigorously and slapped. This is followed by hip-baths (75°) for five to fifteen minutes, with constant active friction by two attendants, to prevent chilling. When diarrhea is abundant or the teeth chatter, the patient should be removed earlier. Several sitz baths should be provided, so that the patient may be removed from a soiled to a clean bath when required. After thorough drying and prevailing reaction, the patient should be wrapped in a warmed blanket and an abdominal compress (50°) applied. 2. As soon as another movement occurs, the patient should receive a thorough intestinal irrigation and a large salutaneous saline infusion.

These procedures should be alternated, if not successful; rapid rubbing with ice may be substituted for the wet sheet. The temperature and duration of the sitz bath should be modified to suit the case and the character of the epidemic, in accordance with the *raisonné* furnished above. Reaction is the aim of therapy in this dread disease.



## CHAPTER XIX.

### INSOLATION.

IN the management of cases of sunstroke, which have, not inaptly, received the appellation of "thermic fever," the application of water has for a long time played an important rôle.

The most recent text-books teach erroneously that hyperpyrexia is the chief danger in this disease, and that every effort should be bent to reduce the excessive temperature, by bathing the patient in ice water and by similar faulty methods. I desire to protest earnestly against this view of the therapeutic indications in thermic fever, and to direct attention to the fatal fallacy of regarding the coldest bath as the most useful heat-reducing treatment.

It is my purpose to show, as clearly as the principles and practice of hydrotherapy are capable of demonstrating, that *the ice bath and ice pack as universally recommended in this disease are absolutely contraindicated, dangerous, and based upon fallacious reasoning.* In avowing so decided a departure from the almost universally adopted view, the author is conscious of the antagonism he invites. But he purposes to establish the correctness of his opinion by theoretical and clinical data, which he hopes to make convincing, and thus contribute to the saving of many lives which are now sacrificed by reason of an erroneous conception of the disease and of the antithermic effect of ice-water baths.

The first proposition, viz., that the hyperpyrexia theory of the treatment of thermic fever is almost universally accepted, is demonstrated by the following citations from standard text-books:

Taylor's "Handbook of Practice" (London) says (page 771): "The temperature must be reduced as quickly as possible; if ice can be procured it should be put in the water used, or it may be rubbed directly over the body of the sufferer, until the temperature in the rectum *nearly, but not quite, reaches the normal.*"

Strumpell, "Text-Book of Medicine," translator's note, says (page 748): "Here the immediate danger is from hyperpyrexia, which must be combated by rubbing the patient with ice, placing him in a tub of water with lamps of ice, or similar measures, until the temperature in the rectum is reduced nearly but not quite to the normal point. In the application of refrigerating measures the head must not be neglected. The sole indication at first is the reduction of the temperature."

Oster says, page 1,019: "In *thermic fever* the indications are to *reduce the temperature as rapidly as possible*. This may be done by placing the patient in a bath of 76°. Rubbing the body with ice, practised by Darnach in the New York Hospital in 1837, is an excellent procedure to lower the temperature rapidly. At the Pennsylvania Hospital in 1887 the ice pack was used with great advantage. Of thirty-one cases only twelve died, a result probably as satisfactory as can be obtained."

That these antithermic methods are erroneous it is the aim of these pages to demonstrate by clinical data which prove the superiority of less heroic treatment.

To this misconception the history of fever treatment offers a parallel, which may aid the reader in appreciating the author's position. The text-books of twenty-five years ago, when referring to the treatment of typhoid or other infectious fevers, dwell in precisely the same manner upon the paramount influence of high temperature, upon the danger of hyperpyrexia, and upon the necessity of meeting this lethal symptom at all hazards. Cold water had been used in infectious fevers with more or less success from the earliest days of medicine. Liebermeister, Jürgensen, and others urged the application of very cold baths as the best antipyretic in typhoid fever. To-day these authorities, like all other well-informed physicians, regard the cold bath as a nerve stimulant rather than as an antipyretic, and its technique (see page 168) has been modified in accordance with this view. If the reader would approach the consideration of the subject without prejudice, he should bear in mind the historical facts that for centuries the heat-reducing theory of fever has dominated the medical mind and controlled the selection of remedies for fever; that from 1860 to 1890, and even later, the medical profession, with very few exceptions, believed in and practised the antipyretic methods, and that cold baths were applied as the most valuable measure for this purpose. When the real medicinal antipyretics of the coal-tar series were discovered, the question of successful treatment of fever seemed to approach solution. If high temperature were the chief lethal factor in infectious fevers, it was argued that the positive antithermic properties of the coal-tar products offered a key to the solution.

How faithfully these antipyretics have been plied for many years, how sadly disappointing they have proved, belongs to history. Slowly but surely have the seemingly victorious antipyretics retreated from the field, first in the large hospital centres, where exact observation more quickly relegated them to their true position as symptomatic remedies; gradually their true estimate is being discovered in the smaller towns and even in the rural hamlets of our country. The teachings of



Peabody, Osler, John C. Wilson, Hare, Tyson, Billings, Muxter, James, Loomis, and others have penetrated, through instruction of the younger generation of physicians. To-day, the correct rationale of cold applications in fevers is that furnished on page 174, which may be epitomized in the statement that they stimulate the vasomotor apparatus.

Moreover, while cold baths have always improved the mortality statistics of typhoid fever, their systematic use, as in the Brand method, which is distinctly an antifebrile rather than an antithermic bath treatment, chiefly by reason of the addition of mechanical irritation, has furnished the most marvellous reduction of mortality in the history of medicine (page 202).

When the writer made the first plea for this method before the New York State Medical Society in 1889, the *Medical Record* (February 16th, 1889) referred to it editorially (page 202) as follows:

"It will be difficult to persuade the profession, which has been so long under the dominion of the *laissez faire* policy, to adopt the heroic method of cold bathing. There seems, however, in the points made, sufficient ground to enlist our careful reconsideration of the whole subject. The most important of these seems to us the emphasis placed upon the object of the cold bath being anti-febrile rather than merely anti-thermic, inasmuch as its action is chiefly directed toward the neutralization of the febrile toxæmia due to the typhoid process. The secondary position assigned to elevated temperature as a lethal factor may be amply sustained by recent clinical observations. Lowering temperatures is not a curative measure."

The difficulty of winning the medical profession over to this view is apparent in the medical journals. But the truth was "mighty and did prevail." Seven years later, during a discussion of bathing in typhoid fever, one of the speakers said: "The tubbing brought the circulation to the surface and acted upon the nervous system. A few years ago leading men in the profession had opposed the Brand method in this hall, while to-night no voice was raised in opposition."

I purpose to show that "history repeats itself" in the prevalent antipyretic treatment of thermic fever (stroke). While cold is even more universally utilized in insulation than it ever was in typhoid fever, we still fail to obtain the best results from it, because the consensus of medical opinion favors its use as a temperature-reducing agent—viz., for the hyperpyrexia—precisely as was formerly done in typhoid fever.

Whether the theory of Wood and others be accepted, that "thermic fever is due to a paralysis, under the influence of extreme heat, of the centres in the medulla spinalis which regulate the disposition of bodily



heat, and owing to this disturbance more heat is produced and less is given than normally;" or the theory of Jacutovitch and others, "that there is usually an increase of heat from muscular action (in most cases it occurs during active muscular movements, as in labor or marching), and there is a diminished heat loss due to humidity and high temperature of the atmosphere," or, as the author believes, in a disturbance of the vasomotor centres as in typhoid fever—the fact remains that the heat-diffusing function of the skin has become impaired. The latter we absolutely know and need not theorize upon. Another point which we absolutely know is that in the large majority of anæmias we find everywhere in the body enormous dilatation of the veins and pronounced narrowing of the arteries.

The rise of temperature is, in the author's opinion, chiefly, if not entirely, due to the failure of the enormous area of skin to carry off the rapidly accumulating heat. A heat stasis ensues, just as it does in typhoid fever. This is evidenced by the pallid or cyanosed appearance of the skin (excepting that covering the face). We have precisely the same cutaneous condition in typhoid fever—a parietic condition of the peripheral vessels. So long as typhoid patients were plunged into tubs of very cold water\* or were wrapped in sheets and sprinkled with ice water (see page 511), until the temperature was reduced, so long did typhoid fever continue fatal. When the *lynx terrore* of hyperpyrexia ceased to affright the practitioner, and he learned to apply cold water as a nerve stimulant, the disease became more tractable (see *reticulse* of the cold bath). In isolation high temperature is now regarded as the chief point of therapeutic attack, and this is combated by very cold and prolonged baths. I have endeavored to demonstrate the fallacy of the latter idea in typhoid-fever treatment, and to show that by adding to the cold bath active friction (Brand method) the life-saving efficiency of the latter is enhanced. The antiseptic effect is also increased by friction, because it restores the lost tonicity to the cutaneous vessels and admits of a large area of blood-vessels being exposed to the cooling effect of the bath. Having already entered very fully upon the subject elsewhere, it is necessary only to reiterate here that the reduction of internal temperature by cold baths is not due to direct cooling, which really contracts the cutaneous vessels and drives the blood from the surface, causing, if excessive or prolonged, their paralysis, but depends rather upon the

\* In the *Archiv für klin. Med.*, Bd. 3 and 4, Dr. Krüghel reports from Duschek's Clinic 80 cases of typhoid fever treated by cold baths, with a mortality of 28.2. The patients were laid into a bath of 64–65° F. without friction, for ten minutes, from 6 A.M. to 10 P.M., whenever the temperature required to be reduced.

extent to which the peripheral nerves and vessels are excited by the cold and friction or mechanical impact. This stimulus is conveyed to the central nervous system, and by reflex effect removes or ameliorates all the serious manifestations, including the hyperpyrexia.

It remains now to apply this physiological fact and the favorable clinical results due to its recognition to the treatment of insolation. Does the ice bath or other heroic water treatment really furnish the best results? Shall we continue to follow the teachings of the text-books, and with might and main reduce the temperature of these thermic-fever cases to nearly a normal point? Let clinical observation answer this question, as it has answered it in typhoid fever!

The most reliable and extensive observations upon insolation that have been made in recent times are contained in a paper\* presented to the New York Academy of Medicine, May 20th, 1897.

During the summer of 1896 a severe epidemic of sunstroke prevailed in New York City, which furnished during the week ending August 15th six hundred and forty-eight deaths—over one-third of the entire mortality.

The writer collected records from nearly all the hospitals in the city. "There were five hundred and twenty hyperpyrexia cases treated, with a mortality of one hundred and thirty-two. Among the patients treated by means of baths ranging in temperature from 59° to 75°, the mortality was 33½ per cent. In the Brooklyn Homoeopathic Hospital, where baths of 90°-110°, reduced in from fifteen to twenty minutes to 72°, were given, forty-nine cases were treated, with a mortality of 41.17 per cent. In the same hospital another series of cases, treated by needle spray from a hose attached to a cold-water faucet, gave a mortality of 11.5 per cent.

"At the Flower Hospital the patient was stripped and put on a cot covered with a rubber sheet, an ice cap applied to the head, and three sections of hose with nozzles, giving a fine needle spray, were fastened to the cold-water faucet and the patient vigorously sprayed until the rectal temperature was reduced to 103°. The patient was then wrapped in two blankets. If the temperature rose to 104° or 105°, the spraying was repeated until it fell to 101°. Among twenty-six patients thus treated, with a body temperature averaging 108°, three died—11.5 per cent.

"At the St. Vincent Hospital the patient was wrapped in a cotton sheet and placed on a stretcher, which was covered with a rubber sheet. Dipperfuls of cold water were forcibly dashed on him from a

\*"Sunstroke as it Occurred in New York City during 1896," Medical News, July 24th, 1897, by Alexander Lambert, M.D.



distance of several feet. In the very severe cases every two or three minutes a small stream of very cold water from a pitcher was allowed to fall from a height of six or eight feet upon the patient's forehead. This treatment proved to be powerfully stimulative, and was continued until the temperature fell to 104° or 103°. The patient was then wrapped in blankets and surrounded with hot bottles. The body temperature fell slowly to normal and no reaction occurred. Often after a short interval the warm pack brought on sweating and the patient slept. Of one hundred and ninety-seven hyperpyrexial cases twelve were fatal—six per cent.\*

These figures teach a valuable lesson, which establishes the correctness of the views I desire to impress. Although hyperpyrexia seems to be the dominant indication in this author's mind, he displays in several parts of his paper a correct estimate of the value of cold water as a *nerve stimulant*. He condemns the ice pack, because "it prevents proper friction and is not stimulating, as the cold bath, and therefore not so efficacious."

In order to emphasize the danger of very low temperatures, especially of ice baths\* (i.e., submerging the patient in cold water for five or more minutes) and ice packs, and to impress upon the reader the paramount import of mechanical irritation of the skin by pressure in the delivery of the water upon it, the following summary of the effect of the various treatments referred to above is offered:

1. Graduated bath (110° to 72°, fifteen to twenty minutes), mortality, 41.17 per cent.

2. Ice pack, mortality, 38.7 per cent.

3. Cold baths (50° to 75°, ten minutes or more), mortality, 53.33 per cent.

4. Needle spray (75°, stopped when temperature reached 103°), mortality, 11.5 per cent.

5. Affusions with force (ice water, as stopped when 104° or 103° was reached, O'Dwyer's practice), mortality, 6 per cent.

The fact that Odyer regards a mortality of 38.7 per cent as "about as satisfactory as can be obtained" indicates how fatal is sunstroke

\* By an ice bath is meant a tub bath in which ice crushed into moderate-sized pieces is constantly kept floating. The temperature of the bath is about 40° F. Inevitable and vigorous rubbing of every portion of the body is an absolute necessity. When the bath was given for ten minutes, irrespective of the height of temperature, the results were not good.

\* The ice pack was given by placing a patient on a rubber sheet and packing large pieces of ice along and between the legs and along the sides of the body. The upper surface of the body was rubbed with the hands and pieces of ice. This procedure often required more than an hour. The temperature almost always fell.\*



under the customary antithermic treatment. The above figures demonstrate that a *change from the antithermic procedures* (ice baths and packs) *to the real nerve stimulating procedures* (douches and affusions) *would reduce the mortality in a marked degree.* They offer clinical proof of the correctness of the view expressed in the opening lines of this chapter, that theory and practice combine in condemning the ice baths and ice packs recommended and reiterated in our text-books.

As in typhoid-fever treatment, I do not contend that hyperpyrexia is to be regarded with indifference. I plead for the recognition of *nerve depreciation as the chief lethal factor.* The latter is anterior to the hyperpyrexia and is most effectively treated by brief applications of cold water applied with considerable force to successive parts of the body. The *nerve centres are so overchilled by the atmospheric temperature acting upon predisposed individuals that they render the patient incapable of responding to the simultaneous impact of very cold water over the entire body.* The greatest mortality reported (41.7 per cent) is under the bath of 90° to 110° reduced gradually to 72°, and that next to the lowest mortality (11.5 per cent), *in the same hospital, where a needle spray of 75° with good pressure was applied without previously heating the skin (and thus intensifying the most obvious etiological factor).* Hence douches and affusions are superior to ice baths and packs.

*Correct Treatment.*—The correct treatment would be a judicious adaptation of the temperature of the water, the mechanical impact, and the duration to the indications existing in each case. The nerve depreciation being overcome by judicious management, hyperpyrexia will yield with the other manifestations of impaired nerve control. The following outline may serve as a guide to the management of thermic fever. It is based upon the principles enunciated in this work and it is borne out by the clinical data which have been marshalled.

If the pulse is feeble or rapid, skin pale, and the patient conscious, temperature above 103°, treatment may be begun by ablutions. The patient, lying upon a rubber sheet which is covered with a blanket, is rapidly bathed and rubbed for ten minutes with a wash cloth or large crumpled piece of surgical gauze saturated with water at 75°. If the skin shows reaction, this ablation may be repeated in half an hour with water at 70°, again in half an hour with water at 65°, and so on until the rectal temperature falls two or three degrees. *It is a serious error to continue bathing until the rectal temperature approximates the normal point;* the record shows that many succumb with a normal temperature, and that others rapidly and fatally fall to a subnormal temperature. It is far more prudent and effective to repeat the treatment after the system has had time and opportunity to react some-

what, and to decrease the temperature of the water and increase the force of its impingement by slowly pouring it from a greater height or using a jet or needle douche over successive parts of the body, *never continuing the application upon any part which is already cooled, and never exposing the entire body to cold baths.*

The sheet bath (page 115) affords an excellent procedure in cases with very high temperature. In comatose cases water at 50° to 40°, delivered by a douche or by forcible affusion from basins at short intervals over successive parts of the body, will afford the best results. Here, too, care should be exercised not to depress the nerve centres by long-continued application of very cold water. Reaction must be induced.

Repeated sprinklings or vigorous affusions with water at 60°, reduced each time a few degrees, and accompanied by friction, would be good practice where a hose with good pressure cannot be obtained.

If hyperpyrexia continues despite the above-mentioned methods, a hot-water bath (page 240) of 95° F. for one hour offers the most effective and least harmful antithermic procedure. This may be terminated by cold affusions if stupor persists.

Above all things, routine must be eschewed. Judgment and skilful adaptation to each individual case will afford in these trying cases the same good results which judicious hydrotherapy has achieved in other serious acute diseases. The lesson of history, presented by cold bathing in typhoid fever, needs to be earnestly accepted. I fear, however, that much time may elapse ere the warning here emphasized, "beware of the ice bath and ice pack," will succeed in neutralizing the teachings of the text-books, which in many instances are the reiteration of previous teachings rather than the outcome of bedside observation.

It is the chief aim of this work to impress upon the practitioner the true principles of hydrotherapy. In no disease are they so well illustrated to-day as in the true and false treatment of insolation.

## CHAPTER XX.

### THE HOT-AIR BATH.

DIRECTLY connected with the application of water in disease, the hot-air bath has long been in use for enhancing the reactive capacity of patients about to be subjected to hydropathic procedures. An arrangement for home use may be improvised by seating the patient upon a chair provided with a wooden seat, the bottom of which is covered with tin or sheet iron. A large alcohol or gas lamp is placed under the chair, upon a tin pan. The patient is covered with a sheet which is secured around his neck, and over this a rubber sheet is similarly secured. When the lamp is lighted the air surrounding the patient may be heated to the required temperature.

An apparatus (Fig. 67) for use in bed, devised by Fulpus, appears to be practical. It consists of a wooden box seventy centimetres long, fifteen centimetres wide and deep. Into this box a pipe about sixty centimetres long, which is connected with the lamp, enters and conveys the heated air to a space formed upon the bed by two wooden poles, which reach and are secured to the pillow. The patient being placed upon the bed, the box is laid across the foot of the latter and the poles are secured. Blankets are now so placed that the patient is entirely surrounded by the hot air streaming upon him.

The dry pack described in the article on Phthisis Treatment is a useful procedure for surrounding the patient with hot air without subjecting him to agitation.

For institutions the hot-air cabinet is a complete apparatus. Rationally and not indiscriminately applied, as is done in the ordinary Turkish baths, but in the form of what the French call *stove sèche*, the hot-air bath presents many advantages.

The apparatus devised by the author which is in use in the Hydri-



FIG. 67.—Hot-Air Bath for Domestic Use (214a).



atric Department of the Riverside Baths, in the Vanderbilt Clinic (Columbia University), and at the Park Avenue Hydratrie Institute, consists of three wooden cabinets (see page 401). Practical experience with this apparatus for many years proves it to be absolutely perfect, though very simple. The temperature of the air surrounding the patient is controlled by a valve, and may easily be raised to 180° or over. This is rarely necessary, however. The pulse and mouth temperature may be taken and recorded every ten minutes. After the desired rise of temperature and increase of perspiration are obtained, the patient is subjected to whatever procedure is indicated.\*

*Entassement.*—An individual surrounded by hot air, i.e., from 120° F. up to a point of tolerance, absorbs an enormous quantity of heat through the heating of the blood in the cutaneous vessels. This is made quite evident in the rise of the temperature of the mouth, which is not exposed to the direct influence of the hot air, the head being exposed in the cabinet bath. The author's investigations apply only to the latter. The effect of hot-air baths on man has been studied by Totatnik,† who found that the number of leucocytes was diminished by from 5.45 per cent to 7.43 per cent. There are abundant diaphoresis, an increase in the body temperature, increase of pulse and respiration, diminution of muscular power and vital capacity of the lungs, enfeeblement of inspiration and expiration, decided enhancement of tissue change and assimilation, and diminution of arterial tension.

The viscosity of the blood, according to Lomach,‡ is decidedly increased, as also the number of erythrocytes.

According to Linser and Schmid,§ there is a decided influence of hyperthermia upon metabolism; this effect begins in a medium of 104° and is enhanced by higher media.

We have here three factors—the thermal irritation, the heat supply or loss, and the protective action of the organism against these. The temperature equilibrium of the human body is due to two constantly active factors—heat production and heat diffusion. These are under control of the nerve centres, which are connected on the one hand by cerebro-spinal and sympathetic fibres with the nerves of the skin; and, on the other, with the abundant capillary network of the skin and muscles, both of which respond to the slightest temperature impressions by narrowing or dilating the cutaneous or muscular capillaries. Thus are the production and diffusion of heat regulated. It becomes

\* The electric-light bath differs from the hot-air bath in its power to produce all the effects of superheated air more rapidly and with less elevation of the box temperature. Its suggestive effect, however, is not to be disregarded.

† *Tabac de St. Petersburg*, 1892.

‡ *Paraschene der Medizin*.

§ *Loc. cit.*

evident that this responsive action of the nervous system varies in different individuals, and even in the same individual at different times.

In five minutes usually the pulse rate begins to increase; five minutes more mark a rise of temperature and an increase of respiratory movements. The average normal patient may within half an hour be made to register an increase of thirty to fifty pulse beats and one to three degrees of temperature.

The skin becomes hyperæmic and succulent, and its tactile and electrical sensibility is heightened. Owing to the absence of a tunica intima, the capillaries are really only thin strictures, practically elongations of the inner arterial coats, and depend for firmness and elasticity upon the surrounding structures. As the latter are expanded by heat applied to them, it follows that the thread-like capillary must become dilated to many times its calibre, and be thus made to receive more blood.

It has been ascertained by the plethysmograph, which measures the volume of parts exactly, that not only does the body, especially the extremities, increase in circumference, but that the increased activity of the heart sends more blood to the non-resisting and enlarged capillaries and arterioles. That such an enormous diversion of blood to the surface must change the existing conditions of the circulation, disorganizing the venous system, the kidneys, liver, and spleen, may be easily understood. Blood pressure is reduced, there is a loss of tension of the vessel walls. The heart becomes fatigued and must labor to send the blood forward, because the peripheral resistance is diminished. On this principle may be explained the faintness, *lunatus aurium*, and the symptoms of cerebral anæmia which sometimes ensue, and which are more frequent in the Turkish bath, where hot air is inhaled and thus locally applied to the pulmonary capillaries also. Usually some cold procedure follows; the surface temperature is reduced by the cold bath or douche; the previously anæmic internal organs become again full of blood. This effect explains the danger if there exists a brittle condition of the vessel coats or a cardiac lesion.

For this reason it is best in elderly or otherwise feeble persons to lower the water temperature after the hot-air bath gradually, to allow the inner organs to accommodate themselves. If the proper douching and friction have been practised after a hot-air bath, the skin will remain sufficiently hyperæmic to prevent a *rayon*. This positive difference in effect upon the peripheral and secondarily upon the internal circulation, between the hot-air bath and the cold douche following it, renders it evident that the former produces a relaxation, while the latter is followed by a tonic condition of the cutaneous vessels which assists the heart in propelling the blood through them. The pulse re-



beats somewhat more frequent, becomes soft, and the blood pressure is lowered a little. The therapeutic advantages arising from this condition are self-evident.

The respiration is as much affected by the hot-air bath as the circulation. The thermic irritation of the periphery excites reflexes which accelerate the breathing; besides this, the superheated blood stimulates the vagus also. I have often noted a respiration of thirty a minute, although the inspirations were deep. The subsequent cooling process reduces the number of respirations according to its intensity and rapidity, although they remain more frequent than normal for a time.

There is an increased excretion of  $\text{CO}_2$ , and increased demand for oxygen, clear manifestations of increased oxidation. The urine affords corroborative evidence on this point, and this evidence is the more valuable since we may obtain it with some degree of precision. The quantity of urine is reduced about one-fourth by the hot-air bath in persons who take constantly the same amount of fluid. This reduction is not so great at the time of the bath as during the four or five days succeeding it.

This may fairly be explained by the effort which the organism is called upon to make, in order to eliminate the waste products which the bath produces. The specific gravity of the urine increases in proportion to the diminution of the quantity, but this increase continues even after the urinary volume is restored to normal. Thus we have positive evidence of the increased production of the solid urinary constituents. As Fernstedt and others have shown, there is an increased elimination of nitrogen; urea is excreted more abundantly; about one-third more is eliminated on the day of the bath, and this increased elimination continues in less quantity until the fifth day. If fluid is moderately drunk during the bath the increase of urea is not so great immediately after the bath, but is greater during the five days succeeding it. There is evidently a retention of urea in consequence of insufficient urinary water, but the average for the six days is nearly the same, whether the patient drinks water or not, and affords a positive measure of the increase of tissue change. The uric-acid excretion produced is doubled and even trebled; it is greatest in the urine passed after the bath, but diminishes rapidly during the succeeding days. The quantity of sulphuric and phosphoric acids is also decidedly increased during and after the hot-air bath.

Under the influence of hot-air baths a decided acceleration of oxidation of nitrogenous substances (nutrient and tissue albumen) is inaugurated, which lasts several days. Since, however, it would be impossible to maintain an increased heat supply necessitated by the



continued heat diffusion for so long a time, an increased combustion of fat becomes necessary. This is entirely in accord with the daily observation that hot-air baths are competent to produce rapidly a very considerable reduction of fat in persons who have reduced their consumption of fats and liquids. Experiments upon animals also teach this lesson. Hence we possess in these baths a means of inducing and maintaining a considerable acceleration of oxidation. The body effects for this purpose the necessary nitrogenous and non-nitrogenous materials (Frey).

The quantity of perspiration produced by the hot-air bath differs greatly in different individuals and at different times. Persons who respond feebly to the first bath, requiring prolonged exposure to it, and many who have found it difficult to perspire in the Turkish baths, become more susceptible to the hot-air (cabinet) bath from day to day. The skin appears to be trained to better action by its daily exposure to high temperature followed by stimulating douches of low temperature.

In a case under my observation, a young man of sixteen, weighing one hundred and eighty-eight and one-half pounds, with a girth of thirty-eight inches, lost three and one-half pounds during the first hot-air bath. The urea, which was before the bath six grains to the ounce, increased to eight grains to the ounce in the urine passed after the bath. After three baths there was a total loss of three and one-half pounds, and a decrease of three inches in the girth, so that his trousers were perfectly loose. Before the fourth bath he had gained one pound; after the fifth bath the urea was eight and one-half to the ounce.

*Therapeutic Indications.*—The therapeutic results of hot-air baths may be deduced from its *outcomes*.

*Obesity, chronic rheumatism, gout,* and certain cases of *osteitis* offer indications for valuable therapeutic results from these baths, because tissue change is enhanced and waste products are oxidized and removed. The enormous changes in the circulatory activities, with their resultant fluxions and added supply to or withdrawal of nutritive material from the organs, produce changes in their functions which, judiciously directed, must insure to the patient's advantage in these maladies.

In recent *myalgias* and *neuralgias*, *lumbago*, and other forms of muscular rheumatism, indeed in all those affections for which the Turkish bath is usually prescribed, the hot-air bath as here described, carefully observed and guarded by frequent examination of the patient, followed with douches of temperatures judiciously adapted to each case, must be regarded superior in value and extent of applicability to the empirically used Turkish baths.

In *sycosis*, when the system has been saturated by mercury, the

elimination of which is desired, we have a valuable eliminant in the hot-air bath. The experiments of Boosky,\* showing the comparative value of various baths, prove that "as a means for freeing the patient's system from mercury, hot-air baths should be preferred to all other baths; hot-air baths at 170°-180° of twenty minutes are borne better than those at 140°-160° of thirty minutes, and not better than hot-water baths, which sometimes give rise to faintness; hot-air baths, by inducing intense thirst, increase the ingestion of liquids and then enhance metabolism."

The superiority of the hot-air cabinet bath over the ordinary Turkish bath is evident. The patient is surrounded by hot air in the cabinet, and, the head being free, he breathes cooler air. Not only is he thus enabled to bear higher temperatures, but he is free from the dyspnoea, which is so distressing to many in the hot-air chamber of the Turkish bath, and which is doubtless due to a defective supply of oxygen; the latter, being expanded by the heat, is not breathed in sufficient quantity to fulfil its physiological function. If oxidation be the chief object of the hot-air bath, the cabinet bath must be far superior to the Turkish bath, because its temperature permits a more abundant supply of oxygen and thus facilitates oxidation. Warm air contains less oxygen to the cubic centimetre than does cold air. The volume of air at the disposal of the lungs is about one-eighth larger at a temperature of 70° F. (room temperature) than at 136° (Turkish-bath temperature). Besides, the patient is not subjected to the admixture of emanations from the large number of persons who often occupy the hot-air chamber simultaneously in the Turkish-bath establishments.

*Chronic Rheumatism and Gout.*—As stated in the chapter devoted to these diseases, the hot-air bath is chiefly valuable as a preparatory measure to hydrotherapeutic procedures. It is useful in those cases which are characterized by obesity and plethoric conditions, for the purpose of enhancing tissue change, but is objectionable by reason of overheating the blood. Those procedures which do not elevate the bodily temperature so much as prolonged hot baths are to be preferred.

The abuse of the cabinet house treatment needs to be mentioned only to be condemned. They are sold to the hapless victims with laudatory commendation; like other remedial agents of intense action, they are unsafe in the hands of the untrained. Moreover, the patient may receive vastly more benefit from a simple hot bath intelligently executed upon the physician's prescription, as has been explained.

\* British Journal of Dermatology, 1889.

## CHAPTER XXI.

### HYDROTHERAPEUTIC APPARATUS FOR HOSPITALS, ASYLUMS AND OTHER INSTITUTIONS.

HAVING received many inquiries from hospitals, insane asylums, and private sanatoria, with regard to installation of hydrotherapeutic apparatus, I purpose to offer an outline of the proper construction and arrangement of such of the latter as I have devised. This may serve to further the systematic use of water. Such institutions being under the supervision of competent physicians, it is meet that the latter be thoroughly informed with regard to the best arrangement for easily regulating the temperature, duration, pressure, and technique of the various hydrostatic procedures.

Two kinds of institutions exist, the rural and the town type. The former is usually situated in secluded mountain valleys, surrounded by beautiful scenery and offering the benefits of seclusion, removal from unfavorable environment, and systematic regulation of the patient's daily life and habits. This is the best type of hydrotherapeutic establishment. Unfortunately these are rare in this country and even in Europe. Although hydrotherapeutic institutions abound in Europe, in the large majority there is too much routine observed; there is too much of the old hydropathic, water-cure, cure-all spirit pervading many of them. Among twenty-eight institutions visited by the author in the summer of 1896, he found but two which fulfilled all the demands of scientific hydrotherapy. This is not written in a captious spirit nor with the intent to convey the idea that good work is not done in many—indeed in most—of these institutions. But *the best work* cannot be accomplished when there are no facilities for *positively ascertaining* the pressure used, by the "gauge;" the temperature applied, by the thermometer; and the duration by a proper clock. To ascertain the temperature of a douche by the attendant's hand, the pressure from the assumed height of the reservoir supplying the douche room, and the duration by the attendant's experience at guessing time, such practice is not sufficiently accurate to obtain the best results. And yet this is the method prevailing at many of the institutions referred to. In one of the two exceptions mentioned, the gauge truly indicated the pressure, but there were no facilities for changing the latter accurately, a point upon which I have sufficiently insisted in the preceding chapters.

The large majority of cases demanding hydrotherapy cannot leave



their home and families; these, too, must be provided for. Domestic treatment is in a preponderating number quite sufficient, as will be shown in the succeeding chapters. When such treatment cannot be obtained at the hands of skilled nurses, or when the physician is unable to supervise the treatment, either for want of time, inclination, or imperfect acquaintance with the technique, the town type of hydrotherapeutic establishments, conducted by a physician, fills an important want. Here the patient who is not too seriously ill may obtain all the advantages of a thoroughly equipped institution, without being deprived of the guidance of his own medical adviser, without being removed from family and friends (which is not always necessary), and without sacrificing his earning-capacity—a very important consideration in many cases.

The facilities required for administering water in the various procedures may be arranged in a small compass. There is no absolute need for large buildings. A space of thirty by one hundred feet is abundant for all practical purposes, and may be made to accommodate fifty patients per diem easily.

The following description of an institution\* which has existed for many years may serve as an example:

A waiting-room and a number of dressing-rooms having been provided, a room containing two or more sets for packs is set aside, and another for massage. A space, twelve feet or more square, is utilized for a douche-room. This is constructed with marble walls and supplied with ample light and heat. Above a waterproof floor, which slants sufficiently to carry water into a pipe leading to the sewer, a level slatted floor is laid in sections, to facilitate removal for cleansing, in such a manner that all the water used upon patients may readily flow through the interstices between the slats upon the waterproof floor beneath. Upon the upper extremity of this floor a circular douche is secured (Fig. 68, Cr). Adjoining this a large bath tub and sitz-bath tub is placed, the latter leaving sufficient space to admit an attendant behind it. The douche table is so constructed that its supply of hot, cold, and ice water is sufficient for all requirements and connected with the water main.

The douche table (Fig. 68) is a box four feet long, three feet high, and two feet wide, covered with marble. Inclosed within the box is a combination of pipes connected with the hot and cold water and steam supply on the one hand, and with the hose or other terminal arrangement on the other.† The hot and cold water supply is by the usual

\* The Hydrætic Institute, 435 Park Avenue, New York.

† This apparatus has been in successful operation during the past ten years in the following institutions: The Riverside Association; St. Elizabeth (United States Government) Hospital, Washington, D. C.; German Hospital of Philadelphia; McLean Hospital, Boston, and in numerous other hospitals and sanatoria.

contrivances controlled by stopcocks, the terminal rods and levers of which issue through openings in the upper flat portion or slab of the douche table, as may be seen in the diagram. The attendant, standing behind this table, is protected against receiving the water receding from the patient, and is perfectly free to regulate the outflow according to the prescription ordered in each case. An outflow pipe, controlled by the stopcock, *PR*, regulates the pressure of the water,



FIG. 10.—Author's Douche Apparatus.

- |                                    |                                |  |
|------------------------------------|--------------------------------|--|
| <i>P.R.</i> , Prescription holder. | <i>E.</i> , Felt.              | <i>H.J.</i> , Hot jet douche.              |
| <i>S.</i> , "Second" clock.        | <i>G.</i> , Gauge.             | <i>H.</i> , Hot water for Senck's douche.  |
| <i>H.</i> , Hot water.             | <i>T.</i> , Thermometer.       | <i>C.</i> , Cold water for Senck's douche. |
| <i>I.</i> , Ice water.             | <i>R.</i> , Bath douche.       | <i>Hp.</i> , Hip bath.                     |
| <i>C.</i> , Cold water.            | <i>Cs.</i> , Circular douche.  | <i>St.</i> , Steam douche.                 |
| <i>P.</i> , Pressure regulator.    | <i>C.J.</i> , Cold jet douche. |  |

which is plainly indicated upon the gauge. This enables the attendant to arrange any pressure required, either before the douche is administered or while it is flowing upon the body, the range being from ten to thirty-five pounds. The importance of this element in hydrotherapy is repeatedly referred to in this work.

A thermometer, *T*, is so arranged that its bulb, encased in an open-work metal tube, lies within the mixer, whose outlet pipe leads to the hose, and its upper portion, cased in metal also, shows through a magnifying glass-tube cover the temperature of the water flowing upon the

patient. A "second" clock, *C*, furnishes information regarding duration, while the clasp, *C*′, holds the prescription out of reach of the spray. The apparatus is put into operation as follows:

The attendant places the prescription into the clasp after carefully scanning it, and opens the stopcocks which close the nozzle. He now opens the hot and cold water faucets, and, watching the thermometer, obtains the temperature required while the water is flowing. This may be done with the greatest ease after some practice. He now opens the pressure regulator until the gauge registers the pressure prescribed. The attendant having examined the thermometer again, and holding the faucet handle in the left hand, while the right holds to one side the proximal part of the metal\* (nozzle) end of the hose from which the stream of water is issuing, requests the patient to place himself six feet in front of the douche table. Again looking at the thermometer to insure the exact temperature prescribed, he now directs the stream upon the patient's back; other parts are treated successively as ordered by the physician. If a circular douche is ordered, the water is also turned on before the patient enters it. This is important, not only because shock is thus prevented, but timidity of the patient is overcome if the patient sees the water flowing.

The *circular douche* used in the Hydratrie Institute differs, as the diagram shows, from the usual needle bath, in not being supplied with semicircular perforated pipes. I found the effect greatly enhanced and much trouble from stoppage avoided by the substitution of eight roses, three inches in diameter. Each rose contains fifty fine openings in the plate, which, being screwed on to the connecting-tube, may thus be easily freed from accumulating sand and dirt. Moreover, the three upper roses are, by a device of Mr. Frank Richter, the excellent mechanic who has skillfully executed all my ideas, made movable. By simply turning these roses downward, an adult of any height may be treated without having the face sprinkled or the ears filled with water.

The douche table contains pipes, the outlets of which are controlled by lever faucets, which also open and close the perineal douche, the hip bath, and the full bath. The temperature of these may thus be controlled by the attendant by simply watching the thermometer of the douche table.

There is also a steam douche, supplied with low-pressure steam, which may be used to issue from the hose by opening the faucet *S*. Steam must be free of water to avoid scalding, and its dry flow insured before the patient exposes himself to the douche.

\*By always holding the hose at its metallic extremity, the attendant is warned if the temperature of the water flowing through it is, by reason of any inadvertence in the reading of the thermometer or other cause, too high or too low. Thus damage to the patient may be easily averted.



The douche room of the Hydriatric Institute is twelve feet long and eight feet wide, its walls being covered with marble eight feet high. The floor of this compartment is slanting and covered with copper; the edges of the latter are secured by being turned up two inches behind the lower edge of the marble wall. Beams cut slanting on the lower side to fit the watertight floor, and straight on the upper side, are laid horizontally, so as to support a slatted floor, through which all the water flows upon the copper beneath and thence to the sewer. The materials must be of the best quality, to avoid leaks.

The perineal douche is obtained by leading a pipe connected with the hot and cold water supply in the douche table to a point three feet from the latter, adjoining the hip tub. Over this is placed a box or chair, twenty-five inches high, having a circular opening to admit the perineum. The stream emerging from below may thus be made to strike the perineum under any required degree of pressure and at any required degree of temperature.

The water supply comes from a reservoir (under the roof), to which it is pumped by a steam engine. The hot water is furnished from a drum which is heated by steam coils. Both cold and hot water flow through appropriate pipes to the douche table; and ice water, which is required in summer, is furnished by a cooling-apparatus constructed as follows: In the basement, occupied as a laundry, is situated a box, seven by five feet and four feet high, which has double walls four inches apart. A mouth-hole, two and one-half feet square on top, admits of ice being thrown in. The box is lined with copper, so as to be watertight. At the bottom two boards, two inches thick and one foot deep, are placed from one side to the other. These have three semicircular notches, fitting three galvanized iron cylinders, for which they form a support (Fig. 70).

The cylinders contain thirty gallons each and are connected with each other by inch pipes. The first cylinder receives the water supply from a two-inch main. The water entering this cylinder passes to the second, thence at the opposite end to the third, from which it issues into an inch pipe leading to the douche table in the room above.

Six inches above the level of the cylinders an inch opening exists, which is connected with an outflow pipe connected with the sewer.



FIG. 70.—Perineal Douche.

A separate pipe, supplied with a stopcock, should also lead from the main directly into the box, for the purpose of filling the latter with water as high as the outlet above the level of the cylinders.

The box is elevated about one foot from the floor, and an out-flow pipe with stopcock should be securely connected with the latter

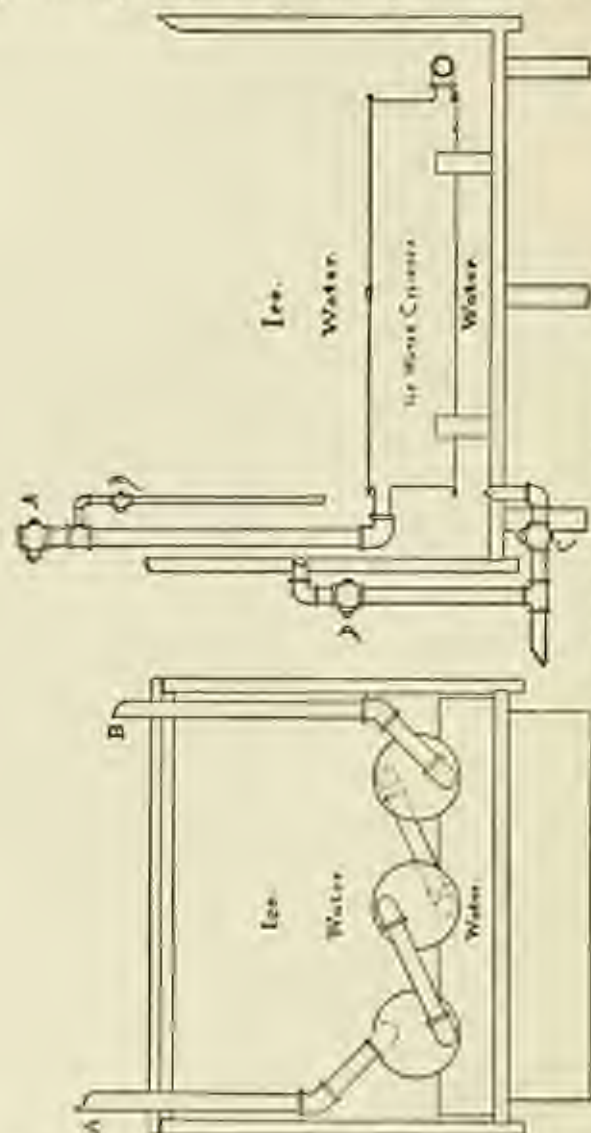


FIG. 75.—Diagram of (Water) Cooling Apparatus.

and lead to the sewer, for the purpose of emptying the box when necessary.

The apparatus is prepared as follows: The stopcock of the pipe *A*, leading from the main, is opened for the purpose of filling the cylinders; the stopcock *C*, at the bottom of the box, being closed, the stopcock *B* is opened and water is allowed to flow into the copper-lined box until the cylinders are covered with water, six inches deep. Now half a ton of ice is put upon the cylinders. It will be observed that the lower portion of the ice supply lies in six inches of the water which covers the cylinders. Thus the latter are not only covered by ice but surrounded by ice water. As the ice melts the overflow of water issues through the opening *K* to the stopcock *D*, which is always left open.

After experiments with ice placed upon slats above the cylinders, and thus surrounding them below with cold air, I find the apparatus described above the most practical means for cooling water.

The necessity for this ice-water supply will be evident when it is borne in mind that in midsummer, when the Croton water ranges from 70° to 80°, a prescription for a douche of 20° to 60° could not be filled without such a supply. It is necessary only to open the ordinary cold-water supply cock and add as much ice water, by opening the ice-water supply cock, as is needed to reduce the former to the temperature prescribed. I am not aware of the existence of a similar combination apparatus for exact hydrotherapy in any institution in Europe or in this country, except those of the Montefiore Home, the German Hospital in Philadelphia, the Massachusetts State Asylum at Danvers, the United States Government Asylum (Elizabeth) in Washington, and others constructed under my advice. At some of the water-cure establishments which I have visited in Germany and elsewhere, such an arrangement is unnecessary, because the mountain springs furnish water at very low temperatures, 50° being quite frequent.

The hot-air cabinets are a very important part of the hydrotherapeutic apparatus. They are used for the purposes previously indicated. They are made of thoroughly seasoned wood, shaped as shown in Fig. 72, and constructed with movable tops and doors. An adjustable seat is securely installed within. The heat is supplied by steam coil radiators and the temperature is ascertained by a thermometer, the bulb of which rests within the box, while the indicator is above it. A circular opening, *O*, in the stationary and movable portion of the top of the box admits the neck. The patient, enveloped in a sheet, seats himself, allowing his head to project, presenting the appearance shown in Fig. 71. A large towel is placed around his neck in such manner that it covers the open space between the neck and the edge of the opening.

The head is swathed in a wet turban and the patient receives water from the attendant as often as it is ordered by the physician. Bright



sunlight and flowers contribute to the cheerfulness of this room in which the patient is prepared for water treatment (Fig. 72). After the *doucheur* has turned on water at the prescribed temperature, he touches the bell, *B*, which announces his readiness to receive the patient. The latter is now to emerge from the box, which has been opened by another attendant upon being informed by the bell. He drops



FIG. 71.—HOT-AIR BOX.—Open.

the warm sheet which has enveloped him and places himself before the *doucheur*; after he has received his *douche* he comes forward, the warm sheet is thrown over him, and he is carefully dried, standing or sitting. He now retires to his dressing-room, makes his toilet, and immediately goes forth into the fresh air. The latter is usually insisted upon, although many patients cannot be rid of the idea of "resting after the bath," which they have derived from their experience

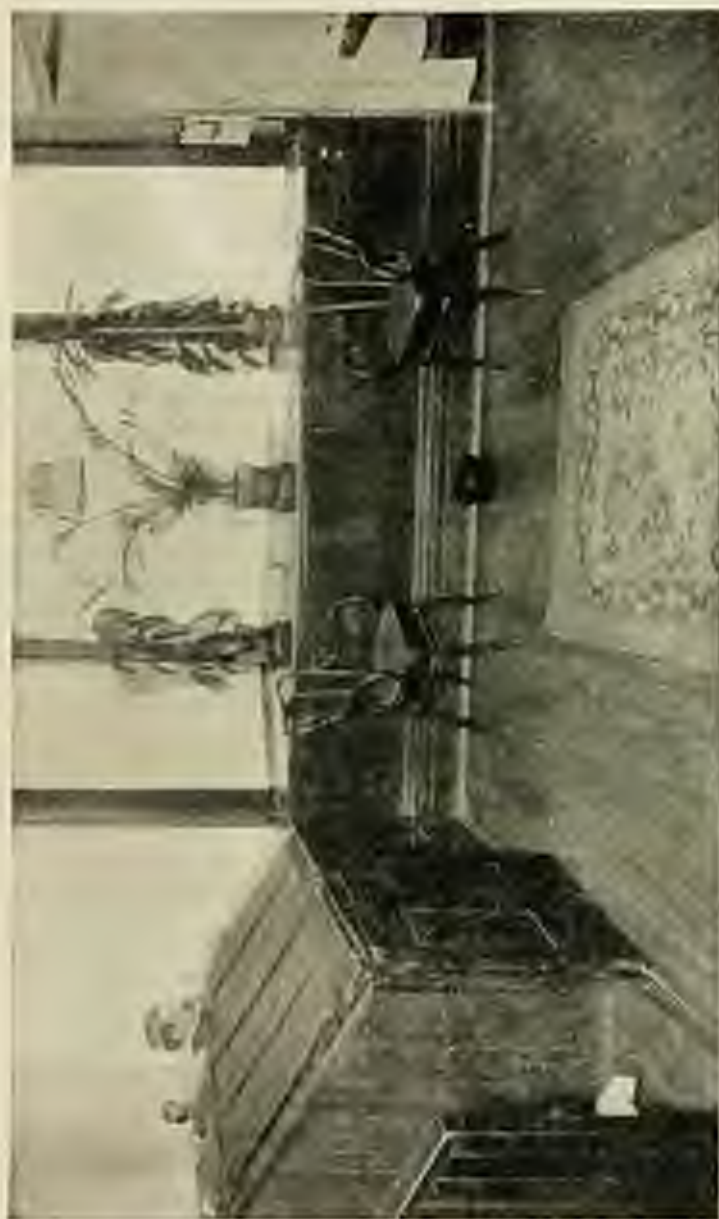


FIG. 11.—Marble Bathtub, Showing Outside View.

in "Turkish baths." Inasmuch as the patient has not inhaled hot air and his reaction is fully established, it is far better for him to issue forth into the street or park and obtain the full benefit of the deepened inspiration.

Among the records of several hundred thousand treatments, "contracting a cold" is rarely traceable as an effect. Even in midwinter the poorest clad persons leave the clinic after the most active perspiration (eliminative) treatment, for the street.

For this reason I have always counselled those who consult me with regard to space and arrangement of institutes for hydrotherapy, to avoid "resting-rooms." These are unnecessary, indeed harmful, because the patient becomes relaxed in the usually hot and ill-ventilated apartment. The close proximity of a number of patients, resting in this luxurious fashion, also promotes discussions of ailments and of the treatment which may react unfavorably on the psychicside of the case. Moreover, the cost of large space needed, and of furnishings for such a room, is large and absolutely needless.

The simple apparatus above described enables the physician to have every prescription for baths and douches executed. The temperature may be easily and quickly regulated to each degree, the pressure to each pound. Thus the utmost precision may be perfected by means of this compact arrangement of pipes, faucets, and hose.

The small number of ambulant cases usually cared for in the general hospitals does not warrant the expenditure required for a complete hydrotherapeutic apparatus, except for their outdoor departments.



## CHAPTER XXII.

### CHRONIC DISEASES.

THOSE diseases in which nutrition, hæmatosis, and tissue change are disturbed afford a favorable field for the remedial application of water. The chapter on "The Influence of Hydriatric Measures upon the Functions of the Human Organism" points out clearly the effect of water applications in health, as ascertained by reliable laboratory experiments and observations. The application of these physiological effects in chronic disease will form the subject of the following chapters.

#### ANEMIA AND CHLOROSIS.

These affections are grouped together, because they present similar manifestations arising from imperfect hæmatosis. To enter into the symptoms and causes of these disturbances is not the province of this work. A few introductory remarks may afford an insight into the *rationale* of the action of hydrotherapy in these diseases, and the necessity of combining them, as is always indicated, with a strict hygiene.

Whether it be idiopathic or a manifestation of organic pathological processes, a faulty hæmatosis frequently demands the attention of the physician. The patient and his friends are justly anxious when pallor, accompanied or not by emaciation, points with unerring finger to some serious defect in the system. The remedies usually applied with more or less energy are nutritious diet, exercise, change of scene, and iron. Months and years are sometimes spent, with more or less success, in the treatment of falling hæmatosis. Of how little avail are a nutritious diet and iron if the appetite is feeble and the stomach incapacitated is a sad but frequent observation of the experienced practitioner.

In mild cases of functional anemia, due to overwork, inattention to sanitary conditions, insufficient food, or mental disturbance, the removal of the cause is the chief end of treatment. But these may be powerfully aided by certain hydriatric procedures, whose effect has been demonstrated to improve the force of the heart, deepen the respiration, and enhance tissue metabolism. That water of low temperature, rapidly and briefly applied under good atmospheric pressure, produces these effects, clinical observation has frequently demon-

stated. The result of careful examination with the microscope and hemometer demonstrates that the judicious application of cold to the periphery increases the number of red corpuscles and improves their quality.

The necessity of promoting and encouraging tissue change in all diseases in which there is faulty hæmæstasis is obvious. There exists abundant testimony as to the auxiliary value of hydrotherapy. Again and again I have observed cases of anæmia and chlorosis, which had defied prolonged iron treatment under my own care as well as under the advice of colleagues, yield readily when a suitable hydropathic method was added to or substituted for it.

Upon the recognition of the etiology of anæmia depends its successful treatment. So long as anæmia remains associated with iron treatment in the minds of physicians, so long will its management remain unsatisfactory.

1. Unfavourable environment is a frequent cause contributing to the development of anæmia. Confinement to badly ventilated schoolrooms, deprivation of outdoor exercise, digestive troubles due to these, improper and insufficient food, and mental anxiety are recognized factors. Of what avail would the administration of iron be in such cases so long as these etiological elements are active? Of what use would an addition of iron to the hæmoglobin be if its hunger for oxygen cannot be appeased by exposure of the patient to pure air? I would plead, therefore, first, for the provision of an ample supply of oxygen for anæmic patients; not oxygen artificially made and forced into the lungs, but oxygen obtained in the only perfect form—from natural sources, in the fields, in the woods, in the parks, freed from human emanations, which contaminate it even in the better class of city and town dwellings. Those who have done much dispensary practice will agree that among the patients of the tenement districts iron is particularly unsuccessful. The latter is also true of schoolgirls and boys, who are subjected to continuous study and are thus deprived of access to pure air and muscular exercise. The lesson taught by common sense would be to remove the patient from his unfortunate surroundings rather than to ply him with medicinal agents to improve his blood. Severe anæmics among the poorer classes must be brought to the hospital; here at least the air is pure, and other important agencies of restoration are available. It is surprising how such a change brings back the color to the pallid cheek of the factory girl and the stove clerk. Though they may not be ill enough to have life threatened, these poor creatures are entitled to the same care as is a case of typhoid or pneumonia. A few weeks' residence in a clean, well-ventilated hospital ward will do more to restore such patients to health than iron or arsenic alone.

I desire to emphasize also the inutility, nay, the impropriety, of advising active exercise for every case of anemia. Too often the direction is given to the anemic who is in good financial circumstances: take plenty of exercise, good food, and (iron) pills three times a day. Many patients, especially those who suffer from dyspnea and rapid heart action, would be more improved by being exposed for hours in the open air, quite at rest, in a hammock in summer, or on a steamer chair wrapped in furs or blankets in winter, with the windows thrown wide open.

Passive exercise by massage and Swedish movements once or twice a day would be far more valuable exercise than walking or even riding. Mary Putnam Jacobi has by careful observation brought out the value of massage in anemia, and Weir Mitchell has demonstrated the importance of rest combined with massage and food, methodically administered. Their success after failure of active exercise and medication touches for the correctness of the view here inculcated.

2. Systematic exercise in the open air may be useful in many cases. Special stress must be laid upon the adjective "systematic." Let the direction for exercise be as precise as it usually is given for pills; let the duration, variety, and frequency of repetition be distinctly ordered. Ranke has investigated the effect of muscular action upon the total blood in the body. He has shown that its first effect is diminution of the blood quantum, which becomes more marked as the intensity of the muscular action increases; but when the body becomes accustomed to active exertion the total blood quantum is increased. Thus is physiologically demonstrated the great benefit of methodical exercise, and especially the necessity of adapting it to each individual case of anemia.

3. *Diet.*—The adaptation of a proper diet to anemia is not a difficult problem. I plead only for more precision regard to the needs of each case than is usually given. The fancies and caprices of the patient should be less regarded than is the practice now, for many articles of food that seem repugnant to the patient may be gradually administered if a good nurse is instructed to persist in their systematic use. Weir Mitchell has in this respect taught us a lesson also. Many patients who were absolutely without appetite, and to whom all food was repugnant, have been systematically fed by properly selected attendants until the quantity consumed by them was enormous. We yield too easily to the predilections of the patient in this regard. It must be borne in mind that usually all appetite is lost or impaired, and that therefore a choice of acceptable food is impossible.

Careful attention to methodical feeding will accomplish more than simple direction to take good food, etc. The same precision which is



exercised in selecting medicines will in the case of diet produce more positive results than are usually obtained.

4. *Water*.—In connection with the methodical application of pure air, exercise, and food, the use of water upon the skin is important. I do not advocate cold baths for muscular patients, *see indeed for any patient except one suffering from an infectious fever*. The abstraction of heat should be always avoided in anæmia. It is my custom to produce an artificial surface heat before applying cold water. If the latter is done just after rising from bed, it will in many cases be sufficient. While standing in a tub of water at 100°, the temperature of the room being not below 68°, the patient receives a rapid ablation, *with friction*, of water at 80°, which is daily reduced two or three degrees. After this he is rapidly dried and induced to go into the open air. For weaker patients the dry pack, which is simply a snug wrapping in a woollen blanket until they are warm, followed by ablation as here stated, is useful. The abstraction of heat may be guarded against and chilliness prevented by accumulating heat on the surface before the ablation.

When the cutaneous surface has thus been daily disciplined and educated to bear the gentle shock from gradual impingement of cold water, larger quantities may be used. The dripping-sheet, so highly commended by Weir Mitchell; the wet pack, followed by the half-bath; and later rain baths and jet showers judiciously adapted to each case, offer the most valuable means for restoring the blood to its normal condition. Actual examination with Fleischl's hæmometer has convinced me of this therapeutic fact.

I treated a young lady who had taken six hundred Bland pills without the slightest effect. She received twelve rain baths and steadily improved in color, strength, and ability to exercise without breathlessness.

The presence of organic disease does not preclude the application of hydrotherapy. This is amply demonstrated by its effective application in cardiac, renal, hepatic, uterine, and nervous diseases. Whatever tends to elevate the general tone of the system, stimulate the appetite, heighten the nutrition, give sleep, and refresh the body, is of value in cases of organic disease. We have ample warrant for asserting that the cautious application of water has no equal in these therapeutic qualities. Frequently the domestic treatment by a skilled nurse suffices to establish normal hæmæstasis. This failing, however, a large and fruitful resource is open in institutional treatment.

The following clinical history furnishes a detailed outline of the most useful procedures, which may be varied to adapt them to each case, if the principles and technique have been mastered.

Mrs H—, aged twenty, ill two years, under constant treatment by gynaeco-

gists in Harrisburg, Baltimore, and Philadelphia, was brought as a last resort to Dr. T. G. Thomas, to be placed in his sanatorium. Dr. Thomas discovered no uterine trouble, and referred her on June 30, 1895, for hydropathic treatment, with a diagnosis of chlorosis of aggravated type. Local and medicinal and institutive treatment, iron, arsenic, diet, and massage and change of air, had been tried in vain by physicians in Philadelphia and Harrisburg, Penna. Although the patient was plump, a more pallid creature could not be imagined. Her appetite was poor, her bowels were irregular, her sleep was disturbed, and she was subject to frequent (hysterical) fainting spells. The slightest exertion produced difficult breathing and rapid heart action. The menstrual flow was regular, but scant and very pale. Blood examined by Fleischl's haemometer registered thirty-one per cent.

June 10th. Preparatory treatment by hot air baths and spray douche, to educate the patient's reactive capacity, was ordered. Fainting in the hot-air bath, she was removed. A spray douche of two seconds at 44°, with twenty pounds' pressure, was rapidly passed over her in a sitting posture. She again fainted. Friction produced no reaction.

On the following day a milder course was pursued. She was gently wrapped in a long-haired woollen blanket for forty-five minutes. Parts of the body were then successively uncovered and splashed with water at 69°, thrown with some force from the hollow hand of the attendant. This was followed by friction, and continued until the whole body had received the abrasion and friction. The same treatment was continued on the 12th and 13th, when she fainted twice. This was repeated without fainting until the 16th of June. She was now placed in a hot-air bath (167°), with a cold compress around the head, and given frequent sips of ice water. The head not being subjected to the heat, the patient was enabled to breathe the cool air of the room. When the cutaneous surface became tinged, she was seated in a tub containing eighteen inches of water at 106°, and thoroughly rubbed for three minutes. This was followed by an abrasion at 69°, good friction drying, and general massage for fifteen minutes. She fainted twice during these procedures.

June 20th. The hot-air bath followed by the spray (fax) douche at 80° was substituted for the abrasion, because her reaction had improved and her sensibility had diminished.

July 8th. The last treatment has been continued with satisfactory results, temperature of the spray douche reduced daily one degree; to-day she had an air bath (169° F.), followed by a spray douche under thirty pounds' pressure for five seconds, beginning at 85° and rapidly reduced to 50°, followed by fifteen minutes' general massage. She reacted well and felt comfortable.

July 14th. Hot-air bath (175°), followed by a circular douche, thirty seconds, at 84° reduced to 69°; then spray douche, ten seconds, 79° to 54°, and general massage. Reaction good.

July 30th. Hot-air bath followed by circular douche of 35° and a jet douche at 45°. That she bore the latter without flushing testifies to the value of gradually accustoming the patient to lower temperatures. Dr. S. T. Armstrong, who examined her for me, reports: "Miss H. looks quite well, eats and sleeps well, and is certainly improved since I last saw her. The comparison test indicates about one hundred per cent. haemoglobin."

Miss H. is now married and in good health.

This case certainly illustrates, first, the effect of the douche in improving the nutrition; second, that hæmatosis may be enhanced by the



stimulus conveyed from the periphery to the nerve centres, and thus reflected upon the blood-making functions; third, that the most feebly reacting patient may, by perseverance and proper adaptation of the hydropathic procedures, become accustomed to this treatment. The danger of shock from cold water is proven to be chimerical by this case. If this fragile and sensitive young woman could be accustomed to the douche by beginning with mild procedures, no chronic case that is not in *extremis* could fail to respond to it.

5. *Diaphoresis* is a method of treatment which, paradoxical as it may seem, has demonstrated its value clinically. Scholz, of Bremen, has written a monograph on this subject; his conclusions have been extensively reproduced in the medical journals and his practice has found imitation. The dry, livid condition of the skin of anemic patients is aroused to renewed activity by exposure to hot-air baths. Excretion is thus rendered more energetic, tissue change is enhanced, and an increase of appetite and nutrition is thus induced.

It is my constant practice to order for anemic patients one or more thorough diaphoretic (hot-air) baths a week, followed by gradually reduced douches, for the purpose of overcoming the spastic contraction of the arterioles and enhancing tissue change, and thus improving assimilation of albuminoids.

Prof. O. Rosenbach\* correctly insists that, "in order really to cure chlorotics, control of the vasomotor neurosis which exist in these cases must be obtained, and in order that this may be accomplished by hydropathic procedures great care should be taken in their employment; they must be brief and used only when the corpuscles are not greatly diminished. Judicious hydrotherapy not only removes this disease, but also prevents the relapses which are so frequent. Dr. Rosenbach does not pretend that hydropathic treatment only is capable of influencing the vasomotor centres and completely curing chlorosis, for many chlorotics do recover without hydrotherapy. Nevertheless, it is proven that iron, arsenic, country air, the gratifications of ardent desires, pregnancy, etc.—i.e., all influences which are capable of influencing chlorosis favorably—do so by modifying centripetal vasomotor irritation or by restoring normal conditions in the vasomotor centres rather than by re-constricting blood cells and plasma."

For the restoration of normal condition in the innervation, experience has demonstrated the exceeding value of hydropathic procedures.

Whatever the *rationalis* may be, this treatment, together with systematic regulation of diet, exercise, and exposure to good air, has in my hands often been crowned with success after failure of medicinal agents.

\* Internationale Klinische Rundschau, 1894, p. 377.



## CHAPTER XXIII.

### PHTHISIS.

THE hygienic management of phthisis has in recent years afforded such striking results that this method has attained the first rank among therapeutic agents. The search after specifics still continues, and should be encouraged, because this fearful scourge has always been an *opprobrium medicorum*. The possibility of obtaining a preparation which represents nature's antitoxin is still entertained, and not without reason. In the mean time the fatality of the disease remains unabated among those people who are unable to obtain the hygienic management which is so costly that an experienced observer has ventured the opinion that "the question of cure of phthisis is a question of money chiefly."

That phthisis is often cured has been demonstrated satisfactorily. The most recent authorities concur in the statement contained in the report of the royal health office of Germany on "Hospitals for Consumptives." "Evidence of healed tuberculous lesions is often seen by experienced pathological anatomists; not only do one-half of all subjects dying of tuberculosis show old scars of tuberculous lesions, but even among those who have died of other diseases, or in the full bloom of health by accident or suicide, these scars are often found. According to reliable authorities, healed tuberculous foci, encapsulated or calcified, are found in every third or fourth body examined. Koeniger reports from 'The Home for Invalids and Old People,' in Hanover, that out of 591 cases of tuberculosis received there for treatment, 248 were still under treatment, and 343 had been discharged. Of these 200 were discharged as well or considerably improved, giving 58.3 per cent recoveries."

It would seem fair to conclude that in those cases in which healed tuberculous lesions were found without previous history of the lesions, nature was competent to furnish all the remedial agencies for the cure. Efforts have been made to imitate the process by which this is accomplished, and it is really approximated in the modern hygienic treatment of phthisis, by which the organism is placed in the best possible condition, all its functions being kept up to their highest integrity.

Phthisis is a disease in which a serious and destructive local manifestation exists, which is due to an infection of the system by the in-

roduction of tubercle bacilli. Upon the recognition of this simple pathological fact, the modern management of phthisis has become exceedingly simple, and successful. Methodical treatment under conditions which afford the patient the best opportunity for outdoor life in air that is free from dust and other vicious elements, the promotion of the appetite, the enhancement of the circulation and respiration, are, in brief, the elements contributing to recovery.

There are two problems before the physician in the treatment of this disease, viz., the removal of the infectious element, and the enhancement of resistance to the latter. Aside from prophylaxis, nothing positive has been done toward removing the agent of infection. Hence the most important indications are to endow the system with the power of resisting the incursions of the established disease and to treat complications and sequelæ. These may be met by residence in an appropriate climate, by proper and carefully regulated exercise, diet, and hygiene, by certain medicinal agents, and last, but not least, by a judicious *hydrotherapy*.

With regard to exercise, the plan first adopted by Böttewieser and Fallenstein, Boesmer at Goslar, and in our country by Trudeau and Hance, of exposing patients to the constant influence of pure air and sunshine, without incurring liability of being chilled, is the most useful, and may be accomplished in private practice also, as I shall show.

The lungs should be treated as is every other inflamed organ. So long as active inflammation exists, they should be kept at rest, or slowly and gently expanded. The presence of fever precludes active outdoor exercise.\* Simple outdoor life must then be substituted, with massage or passive movements to stimulate the muscular system. Much of the ill effect of absolute quiescence will be counteracted by hydrotherapy, if properly applied, and by exercises which expand the lung gently.

Hydrotherapy is an agent whose power for good is incalculable, and which has given me more valuable assistance than all other means combined. As in other diseases, the judicious application of cold or cool water to the skin evokes a stimulus to the sensory nerves, which

\* It is a serious error to depend upon the mouth temperature, as is usually done for convenience in large institutions, for a decision as to the propriety of exercise or rest. The more nearly normal the internal temperature is, the less reliable is the mouth temperature. The author was consulted regarding the proper hygienic measures in a case of phthisis while visiting a large resort for consumptives. The temperature reported by the nurse, 99.5° F., not being in accord with the pulse, 110 beats per minute, it was ascertained that the mouth had been used. The rectum showed one degree higher (100.5°). When so much depends upon the correct temperature, the rectum would seem to be the only reliable guide.

is transmitted to the central nervous system, and thus *inspires every function dependent upon the latter*. The inspiration is gently but slowly deepened, resulting in better circulation in diseased parts, removing stagnation, and furthering the nutritive processes in them. The heart is made to contract with more vigor when the peripheral circulation is improved by the "shock," followed by contraction and dilatation of the cutaneous capillaries which take place. A superficial cutaneous hyperæmia relieves the congested condition of the pulmonary circulation. The appetite is improved; tissue changes are increased; and, if there be a rise of temperature, it is subdued mildly but surely. The alkalinity of the blood is raised, more blood cells are driven into the general circulation, and toxins are eliminated, as has been shown by Robin.

The application of water in the treatment of phthisis was first recommended by Schedel, who became interested in hydrotherapy by observing its effect in the hands of others. Schedel never was connected with any hydrotherapeutic establishment. As a practitioner, he compared the hydropathy with the medicinal treatment of various diseases, deciding from clinical observation in favor of the former, not only in some acute diseases, but also for the sequelæ of valvular heart disease and phthisis. The French clinician Valleix was "surprised to see cold water applied in phthisis without the bad results which he had anticipated," and approved of its use.

Many years ago Salkowsky reported \* 106 cases of phthisis; 40 in the first stage, 29 marked, 17 advanced. After six months' treatment by the cold douche, 39 were cured, 34 improved, 19 improving, 7 without result.

Prof. Ernst Aberg, of Stockholm, having himself been rescued from phthisis by ice-water ablutions, affusions, and plunges, and having treated many cases of phthisis during twenty-two years' experience, published his results before the Scandinavian Congress of Naturalists at Stockholm in 1880. This heroic treatment has not received imitation, because it has not been understood that the application is very brief, and free from possible harm in careful hands.

Professor Winternitz† refers to Aberg's ice-water treatment with favorable comments, stating that, while he does not use such low temperatures as Aberg, he obtains the stimulating effect by applying water of a somewhat higher temperature under very considerable pressure by the rain bath and douche.

For many years the Vienna clinician has used and advocated hydrotherapy as an important element in the treatment of phthisis,

\* *Bulletin de Thérapie*, 1877.

† *Blätter für Klinische Hydrotherapie*, May, 1896.



without having made any positive impression upon the medical mind regarding its value, outside of his few immediate scholars and disciples.

He published in 1887\* the record of 160 cases, with cessation of the process or relative cure in 27 per cent; in 1896 he published 299 cases, with favorable results in 32 per cent.

The systematic application of douches was introduced into phthisiotherapy by Emlinger, of Goerbersdorf, the pioneer of the present successful hygienic treatment of phthisis. He says:† "It remains to mention two other remedies which I have also introduced into the therapy of phthisis, and which have found rapid dissemination, namely, the wet rub and the douche. I have been guided by the fact that by these means the most extensive organ of the body, the skin, may be brought into greater activity, especially to react promptly to external irritants, to increase the cutaneous respiration, and thus to invigorate the entire organism.

"For this reason I regard them as indicated only when the organism is capable of reacting to the irritant effect of cold, which is the chief action of wet rubs and douches. The patient must feel pleasant and comfortable after them, and the skin must remain red. Both of these procedures increase the vascular tone, as is demonstrated by the sphygmograph.

"The douche is especially valuable in pleuritic exudations, which are quickly absorbed under its action, and it acts equally favorably upon the absorption of infiltrations. But the douche is a dangerous remedy; it should always be given by the physician and never by bath nurses alone, as is unfortunately the custom in some health resorts. And the physician even should, as J. Braun remarks in his '*Balneotherapy*,' understand the technique. A diploma does not suffice. The art of ordering douches correctly cannot be taught theoretically; it can be learned only by demonstration and practice. Moreover, all douches are not correctly constructed, which accounts for the difference of opinion with regard to their therapeutic value. For a good douche the water must be cold and be delivered with considerable force, so that the stream should have a homogeneous diameter. It must not be a mere sprinkling, but a strong douche. In most douche apparatuses the conducting pipes make so many windings that the active force of the water is almost neutralized before it falls upon the patient. The size of openings in the douche is also not a matter of indifference."

This quotation shows plainly that Emlinger correctly valued the

\* "*Klinische Studien*," 1887.

† "*Die Therapie der chronischen Lungenschwindsucht*," p. 327.

douche if properly administered, an observation which I can confirm, especially with regard to the technique, pressure, and temperature.

*The enhancement of nutrition being the chief aim in phthisis*, hydrotherapy offers a powerful therapeutic agent, which, rightly used, must be of immense value.

Aside from this important consideration, the predisposition to repeated colds and consequent probable aggravation of the local processes and general symptoms may be diminished by the neuro-vascular discipline to which the skin is daily subjected by appropriate water treatment. This hardening process has long been recommended for those predisposed to phthisis. Ziemssen speaks of it in his lectures on the treatment of tuberculosis as "*a remedy of extraordinary value for persons who are predisposed to or have acquired phthisis.*"

The technique and procedures applicable in this disease must necessarily vary with each case. Brief applications of low temperature, as by douche or rain bath, or rapid ablutions, are followed by rapid reaction, and, if well borne, are exceedingly useful as tonics; while, on the contrary, in cases suffering from elevated temperatures and great debility, more gentle procedures, as the sheet bath, full bath, wet packs with perhaps higher temperatures of the water, are required. I have seen febrile cases seriously injured by too cold procedures, the latter being indicated in a feeble or mildly febrile condition. This is contrary to views usually entertained on the therapeutic action of cold baths, which are regarded as heat-reducing in proportion to the lowering of their temperatures. My observations at the Montefiore Home for Chronic Invalids, in which cases of the most forlorn type, so far as previous hygienic surroundings are concerned, are received, have led me to adopt the following course, because the skins of many of these poor people have long been strangers to cold water, or, indeed, water of any kind. After a thorough cleansing with a warm bath or soap ablution, a day is allowed to elapse. The patient is now wrapped snugly, quite naked, in a woollen blanket, so that his body is excluded from air; other blankets are piled over him. The windows are opened and he is given a small glass of iced water every ten minutes. Having him in this position an hour, a part of the body is exposed and bathed as follows: With a towel the face is well bathed in water at 50°. A basin of water at 75° is made ready, into which the attendant dips his right hand, covered by a mitten or glove of Turkish towelling. The back of the trunk and thighs having been exposed, it is rapidly washed and rubbed with the wet glove dipped in water at 75°, then dried. The anterior portion of the trunk is similarly treated. At the termination of this ablution the patient is rapidly rubbed all over with a



course towel. This treatment is repeated daily, the temperature of the water being reduced two degrees on each occasion, until 60° is reached.

From the Berlin University hydrotherapeutic clinic of Professor Biegener, Mefflat\* contributes a treatment adapted to home use, very similar to the above. He advises thorough warming in bed or in the dry pack, followed by rapid ablution and sprinkling from a watering pot of water not exceeding 77° F., and the return of the patient to the warm bed or dry pack in order to hasten reaction. While I think that the latter may be useful in the beginning of this neurovascular training, exercise in the open air will be far more effective, because it enhances all the processes which the hydropathic procedure has started—deepened inspiration, better pulse tension, increased blood pressure, and consequent improvement of appetite and nutrition. Care must be exercised in making this sprinkling very rapidly and to provide a tub of water at 105° F. for the feet during the process.

The patient's reactive capacity having been carefully raised by this treatment, more active measures may be applied. The cold rub and drip sheet described elsewhere are now indicated. It should be carefully administered by a well-trained attendant; the technique described must be strictly followed and the patient carefully observed, for its success or failure depends upon ascertaining daily the reactive capacity of the patient, and increasing or diminishing the temperature, duration, and mechanical impact, according to the effect produced. The "cold rub" offers an excellent procedure for preparing the skin for the more intense "drip sheet" which abstracts more heat and arouses the entire organism just as outdoor exercise does, without, however, elevating the temperature. The experienced clinician must recognize the great advantage of this therapeutic combination when temperature rise forbids exercise. These are the most effective procedures for home treatment.

The most useful hydropathic procedure in pithitis, however, is the circular douche (needle bath). Unfortunately, this can be obtained only in institutions. The water should have considerable force in order to fulfil the demand of Brehmer, which every experienced hydrotherapist will approve, that considerable force is a *sine qua non* to prevent chilling and too great abstraction of temperature. The patient should receive this douche at 90°, gradually reduced in the course of one minute to 85°. The latter temperature may be decreased. The duration should not exceed one minute in the average case, but it may be modified to suit the indication of each case. The advantage of this douche over other baths lies in the pressure with which the water

\**Deutsche medizinische Wochenschrift*, May 9th, 1901.



strikes the body, affording a kind of massage, which assists in producing reaction even in feeble individuals. But it should not be applied without previous training of the skin, as above described. The circular douche is an antipyretic of great value, if its temperature is not below 85°.

To enhance the tonic effect I have added the fan-douche, which succeeds the circular douche for a very brief time. It is my custom to order this douche under a pressure of thirty pounds at 80° for ten seconds, moving it slowly up and down the back, to avoid the current of cold air which the rapid agitation of this fan-shaped stream always produces. This douche may be reduced daily one degree, until 70° is reached. It is confined to the back only. If the patient's reaction is good under this treatment, the general fan-douche, i.e., playing it over the anterior, posterior, and lateral portions of the body, may be substituted for the circular douche at a temperature of 80°, daily reduced one degree, until 65° is reached. Good reaction must always be provided for. The skin must not become pale under it, and the patient must not be chilled by it; at least, any coldness he may experience should disappear after he is dried. This, indeed, is a test of the efficiency of all hydropathic procedures. Decided chilliness, continuing after thorough drying and friction, is an evidence of improper selection of the procedure—its temperature, duration, or mechanical impact. These should be modified as indicated by the effect observed each day and reported to the medical attendant, just as the effect of a Brand bath or of a dose of medicine is reported by the nurse and acted upon by the physician.

For the purpose of enhancing the reactive capacity of phthisical patients, the hot-air-cabinet bath offers an excellent substitute for the more tedious dry pack above described. It dilates the cutaneous vessels and renders the effect of the hydropathic procedure more pronounced. Care should be taken, however, that the patient be not permitted to perspire in the hot-air bath. This error may prove serious by destroying the patient's reaction and reducing his weight and strength.

As a palliative for the cough and for the reduction of febrile movement, the chest compress is a valuable measure. It should be applied chiefly at night, or when the patient is resting, the chest being thoroughly rubbed with water at 60° each time it is renewed.

This treatment, viz., hot-air baths short of perspiration, followed by the circular bath and fan-douche, gradually lowered and daily adapted to the patient's condition, especial regard being given to febrile conditions (when the milder antipyretic procedures come into play), may be continued for several months. The frequency of treatment may be reduced to three or even two a week. Now the patient may become

accustomed to taking a morning plunge into a tub containing water at 50°; the bath temperature may be reduced daily two or more degrees until it reaches 60°. This must be a brief dip; preceded by saturating the head with water, a rapid emergence from the tub must be insisted upon, followed by thorough drying and good friction. A brisk walk into the morning air may follow, then a light breakfast, which the patient will eat with relish after such a dip. This daily training of the cutaneous nerves and vessels, with the consequent refreshment of body and mind, may contribute more to the recovery of the patient than any other single remedy. The result is usually an improved appetite, better digestion and assimilation, improved hematosis, deepened inspiration, vigorous circulation; in brief, an enchainment of all those functions which contribute to the maintenance of health, and on whose integrity depends the prolongation of life. No specific effect is aimed at; none is obtained. The patient is treated—not the disease. He is removed from unfavorable environment, out of reach of disease-producing and maintaining elements; his organism is invigorated and steeled against the enemy which is "gnawing at his vitals." The prime essentials for this purpose are a good appetite and digestion. And these are the chief and most palpable effects of a judicious hydrotherapy in phthisis. Even in the most desperate conditions these may be observed sometimes. A young man from Charlotte, N. C., gained fifteen pounds in two months, despite the advance of his malady to the third stage. While evening exacerbation with high temperature and profuse sweats undermined his strength, his appetite was maintained, and he consumed during the first half of the day a sufficient quantity of food, of which cream cheese was a large proportion, to leave for Colorado with an increase of weight.

Professor Winternitz states that among twenty-four hundred patients treated at his institution in Kaltenleutgeben for various diseases, fifty-six per cent showed an increase of weight. A similar result has been observed during the past seven years in the Hydropathic Institute, when the cases treated for obesity or other diseases demanding increased tissue change are eliminated.

From the large clinical material at my disposal in hospital and private practice, the following brief histories are selected not so much to demonstrate the value of hydrotherapy in phthisis as to elucidate the procedures adopted:

Mr. S.—, from Greensboro, Ky., aged 26 years, merchant, consulted me at Long Branch on July 28th, 1892. Looks pale, emaciated; states that he has been losing flesh and coughing seven months; is constipated, has no appetite. Caught cold during a fire. No hereditary predisposition. Temperature, 101°; pulse, 120. Physical signs: Percussion over left suprascapular space dull, respira-



tory manner is left apex harsh, expiration prolonged. Ordered calomel, six grains, and absolute rest.

July 31st. Feels better. Temperature, 99° F. Ordered to Hydrantic Institute for treatment. Here he weighed (nude) one hundred and six and one-half pounds. He received a hot-air bath until warm, to rouse his reactive powers. This was followed by a circular douche of 85° F., reduced gradually to 80°, for forty seconds under ten pounds' pressure, gradually increased; then a fan douche at fifteen pounds' pressure, gradually increased to thirty pounds for four seconds at 70°.

This procedure was repeated daily. He reported again at Long Branch ten days later, looking better, appetite improved, and with a gain of one and one-half pounds. A friend having advised him to have his sputum examined, the latter was found to contain bacilli. He was urged by another friend to see an eminent consultant, who, after careful examination, pronounced him phthisical, advised him to leave at once for Asheville, N. C., and ordered him to take creosote. As he was improving under hydrotherapy, I regarded his departure with disfavor and advised continuance of treatment by water.

September 8th. The hot-air bath, followed by circular douche, 80° to 70°, and fan douche, 70° to 45°, has been continued, until to-day the patient weighs one hundred and fourteen pounds, a gain of seven and one-half pounds in five weeks. Appetite is excellent; cough still troublesome; is very hoarse. Temperature, 101°. Benzoin inhalation and one-fourth grain codeine every four hours improved cough in two days, during which time hydrantic treatment had been discontinued. It was now resumed.

September 11th. Temperature is 99°; cough reduced to a minimum; appetite excellent. Weight, one hundred and thirteen and one-half pounds. Has been taking six drops creosote, t.i.d.; as it nauseates him it is discontinued. Ordered maltine with peppermint, t.i.d., in milk.

September 19th. Hot-air bath (120°) three minutes. Circular douche, 90° reduced to 44°, one minute, from which he reacted well. Cough troublesome. A spirometer test shows 100" before and 300" after treatment, which is 20" above the average for his height.

September 29th. Dr. J. S. Fly reports tubercle bacilli in small numbers.

December 20th. With occasional interruptions and loss of weight, patient has progressed well, and to-day weighs one hundred and twenty-one and a half pounds, looks well, coughs but little, has no pyrexia, and is anxious to go home.

Dr. Froendental, who treated his throat, wrote under date of January 12th, 1893, after detailing from his case records the physical signs he had found on July 27th, and again on November 11th, 1892: "Patient looks and feels much better, and has gained ten pounds in weight. Ulcerations of the ligamentum glossa-epiglotticum and of the vocal cords have healed under lactic acid and menthol oil (twenty per cent). Although I am not so optimistic as you are regarding water treatment, I must acknowledge that the improvement in the case is remarkable."

January 21st. Patient is now almost free from cough and has good appetite. Weighs one hundred and twenty-two and a half pounds, a gain of sixteen pounds, and five pounds more than he ever weighed in health. Dr. Van Gieson reports that no tubercle bacilli could be found after examining several slides.

This patient remained well for six years, but has recently returned for treatment on account of throat trouble.

No change has been made in his diet and mode of life. This case



is a clear illustration of the utility of a judicious hydrotherapy in improving nutrition in cases that usually thwart us.

A few brief histories from the hospital records\* (Montefiore Home) may "point a lesson." The preparatory hygienic measures adopted in these cases are omitted for the sake of brevity. The rain bath referred to in these histories is the circular douche.

*J. D—*, aged 34; ill two years and a half. Had hemorrhage two years ago, since then night sweats, cough, expectoration, and pain in left side. Has been treated twice at Mount Sinai Hospital for phthisis.

*Physical signs on admission:* Dullness over left apex, impaired breathing; pleuritic friction rales on right side along axillary space. Weight, one hundred and sixty-two and one-half pounds.

*Treatment:* General sustaining measures, with daily rain bath at 65° for thirty seconds; damp compresses to chest.

*Result:* Improvement of all symptoms, and gain of fourteen pounds and a half during ten weeks.

December 16th, 1890. He was subjected to tuberculin treatment until April 20th, other treatment being suspended.

The patient lost so much in weight and general appearance that I frequently felt misgivings as to the propriety of subjecting him to the experiment. The rain baths were resumed, and his general condition at once improved and appetite returned.

At the present time there are no cough, the least amount of expectoration, and but few pleuritic friction sounds over left apex. His weight is one hundred and seventy-eight pounds and a half. Dr. Hakeney† reported: First examination, about ten bacilli to the field; second examination, very few bacilli; third, fourth, and fifth examinations, no bacilli.

This patient may be regarded as recovered, judging from physical signs, subjective symptoms, his general condition, and the absence of bacilli.

*J. J—*, aged 33, admitted February 23, 1890. Family history negative. Illness of one and one-half years' duration. Began with pulmonary hemorrhage, followed by cough; spat blood two days, and felt better after it. Continued to cough until December, 1889, when he had a most severe hemorrhage, became very weak, and was confined to bed.

Continues weak; cannot work; coughs a great deal; expectorates a little mucus, often mixed with blood. Complains of pains in back, tickling in larynx; appetite is good, bowels are regular.

*Physical signs:* Dullness over right upper lobe, as far as first rib, posteriorly to border of scapula; slight dullness over left apex; uncertain and accentuated breathing, with prolonged expiration over right apex, feeble respiration over left. Temperature normal; pulse, 84; respiration, 28.

February 18th. Weight, one hundred and thirty-five pounds. Treatment, one minim crotona pill two t.i.d., with cod-liver oil,  $\frac{1}{2}$  ss. Circular bath at 65° for thirty seconds daily.

March 1st. Coughs only a little in the morning. Weight, one hundred and forty-two and a half.

March 26th. In fair condition; quite a little cough in the morning. Weight, one hundred and forty-nine and a half.

April 23d. Weight, one hundred and sixty-one and a half.

\*Transactions Medical Society of New York.

May 5th. Appetite not so good lately; otherwise feels very comfortable. Coughs sometimes in the morning; no expectoration. Weight, one hundred and sixty and a half.

Dr. Desautel examined the patient. He found very slight broncho-vesicular respiration in the left apex. Impaired resonance on percussion of the same, and very few mucous riles. On the left below the scapula very few subcrepitant riles, probably due to old pleuritic adhesions.

May 11th. Right apex, vesicular respiration, and very slightly impaired resonance, which is often found normally in the right chest; so practically we can find now only a very slight infiltration of left apex, with some old pleuritic adhesions. Weight, one hundred and sixty-one, a gain of twenty-six pounds. Discharged at his own request, as he desired to go to work.

II. 8—, aged 21 years, admitted May 22, 1890. Family history negative; always well until May, 1889, when he had first pulmonary hemorrhage; was confined to bed eight weeks with cough, night sweats, and afternoon fevers. In September, 1889, and January, 1890, he had hemorrhages, and went to Mount Sinai Hospital, whence he was discharged improved in seven weeks. He had cough, expectoration, and pain in the chest; no appetite when admitted.

Physical examination: Dulness over right third anteriorly and posteriorly; subcrepitant and friction riles; broncho-vesicular respiration, with prolonged expiration. On left side, prolonged expiration, with some friction sounds over left apex. Weight, one hundred and twenty-nine and three-quarters pounds.

August, 1890. Sputum found to contain bacilli.

In September, 1890, he had a hemorrhage. During this time he received rain baths, syrup of Hypophosphites, and creosote; at times cod-liver oil. Under this treatment he steadily improved, so that when he was subjected to tuberculin injections, on December 6th, 1890, he weighed one hundred and forty-six pounds—a gain of sixteen and one-quarter pounds in six months and a half—and no bacilli were found by Dr. Hodespyl in his sputum.

There were still, however, dulness over right apex, broncho-vesicular respiration, and subcrepitant riles. His temperature was 99°. April 15th, tuberculin injections discontinued.

There being no tubercle bacilli in the sputum and no cough or expectoration, and the physical signs being only a slight, jerky respiration, he was discharged as cured, April 25th, weighing one hundred and forty-nine. He had increased twenty pounds since his admission, and three and one-half pounds since injections were begun, during the continuance of which he lost very considerably. He went to work at Breonville, N. Y.

A. V—, a nurse in the Montefiore Home, weighed, in the summer of 1890, one hundred and thirty-eight pounds. She was constantly engaged in the wards, in which her mother was also a nurse. She began to lose flesh while at work; cough and expectoration were pronounced, and she had two small hemorrhages.

Physical examination revealed impaired resonance over left apex, jerky, exaggerated respiration; fine, moist, and pleuritic riles. Bacilli abundant in the sputum. Weight, one hundred and twenty-six pounds on January 5th, when she was subjected to tuberculin injections.

She received twenty-one injections, progressively increased. They were always followed by decided febrile reaction. The last injection of 45 mgm. was administered on the first of April, and was followed by very slight reaction. During the entire treatment she had daily rain baths.



April 10th. Cough, expectoration, night sweats, and physical signs had ceased; her weight had increased to one hundred and thirty-two pounds, and, no bacilli being found in the sputum, she was discharged at her own request as cured. Last year (1896) she was still working as a private nurse, feeling perfectly well.

In these cases the effect of tuberculin was either deleterious or negative, while that of the rain bath was excellent.

H. S.—, aged 18 years, architect, admitted November 10th, 1896. Mother died of chronic phthisis. Has been ill since he had an attack of pneumonia two years ago, with night sweats, troublesome cough, and loss of flesh.

Physical signs: Those of a cavity. Tympanic dullness over the upper third of left lung anteriorly, cracked-pot sound, cavernous riles, tuberculous breathing, signs of catarrh in right apex. Complaints of palpitation greatly. Weight, one hundred and fifteen pounds. Bacilli numerous.

Treatment. Rain baths, 70° to 65°, thirty seconds; cod-liver oil and creosote.

December 16th. Up to that time his weight had increased eight pounds, although the physical signs were the same as on admission. Temperature normal. He was now subjected to tuberculin treatment, under which he increased (as an exception to the rule), on April 10th, to one hundred and thirty-eight pounds. Cough did not trouble him now, and he expectorated very little. A few bacilli at every examination. Physical signs not so pronounced. Riles few, and there was evidence of constriction of cavity. The palpitations, which troubled him greatly, had disappeared.

Dr. Bodenski's report is interesting:

December 16th. One hundred tubercle bacilli to each cover glass.

March 1st. Two bacilli to field.

May 7th. His weight is one hundred and thirty-nine pounds. He has been receiving rain baths since the injections were stopped. *He looks well, and may be regarded as markedly improved.*

*He was discharged on July 10th, weighing one hundred and forty pounds, and looking the picture of health.* He settled in Denver, Col., and when last heard from was following his vocation as an architect.

This case offers another illustration of the influence of hydrotherapy on the nutrition.

Dr. Bloch's Montefiore Home report for 1892 says:

"This remarkable success is chiefly due to the water treatment, the most characteristic feature of our institution. S. K.—, after having gone to Europe for his health for one year, came to the Home with a cavity in his left apex and considerable organic changes in the lung. After one year's treatment he was discharged well; not only fever, night sweats, cough, pain, but even the objective signs of the cavity having disappeared, and with a gain of twelve pounds. He has been working hard as a painter for the last six months, and feels well."

In the report for 1893, of Drs. Bloch and Frankel, house physicians of the Montefiore Home, the following sentence occurs:

"Too much praise cannot be given to our hydrotherapeutic arrangements, which constitute a most powerful element in our therapeutics. We have succeeded in curing thirty-one patients last year, all of whom have been discharged.



Twenty-nine more have been discharged improved. Among those cured or essentially improved, there have been six consumptives, some of whom had come to the home with cavities."

A case from the report for 1894, by Drs. Bloch and Frankel, is briefly told:

K. F.—, 33 years old, came to the Home in November, 1892, after a large hemorrhage, with the physical signs of a small cavity in left apex and infiltration of right apex. He was discharged June, 1894, "cured," having felt perfectly well for a whole year; expectoration, bacilli, and physical signs, after contraction of cavity, having disappeared, and with a gain of twenty-seven pounds.

The Montefiore Home was the pioneer of systematic hydrotherapy, and its only exponent for many years in this country and in all other English-speaking countries.

The records of this institution, which contain a large number of phthisical cases, present abundant evidence in detail of the influence of systematic hydrotherapy, chiefly circular douches. The brief outline histories furnished above, suffice as examples.

In view of the results obtained in this large institution from the judicious and systematic application of douches, it is remarkable that the average medical practitioner in this country is still so unacquainted with it that he shinks with horror at the very mention of applying "cold water" to the skin of a consumptive. The proof of its value is so abundant that "he who runs may read."

A sufficient number of clinical histories has been cited from private and hospital records to demonstrate the hygienic methods pursued. A larger number of histories would burden the reader without convincing him more fully that hydrotherapy furnishes a precious auxiliary in the hygienic management of phthisical patients. The latter are too often condemned to exile from home and friends, when the employment of hydrotherapy would invest the case with a favorable aspect that would encourage patient and physician alike, and enable the former to remain among his dear ones.

In an exhaustive essay on the hygienic treatment of tuberculosis Dr. J. H. Kellogg\* writes that "scores of persons are to-day leading useful lives as the result of the employment of these rational measures who would have unquestionably been buried long ago without this treatment. It is my firm belief that the general adoption of hygienic measures in the treatment of pulmonary tuberculosis by the profession at large, and especially their application in the incipient stages, would result in saving nine-tenths of the sufferers from this disease."

\*Medical News, November 1900, 1900.

## A CONTROL EXPERIMENT IN HYDROTHERAPY OF PHTHISIS

It is a sad commentary on the otherwise excellently managed sanatoria for phthisis in this country that hydrotherapy has not become a regular part of management. Despite the fact that one of the most eminent phthisiotherapists in America has stated, after studying the most progressive methods of European institutions, that, "next to aerotherapy, hydrotherapy is the most important" (Knopf), there are few sanatoria in which water is systematically applied. Indeed, in prominent institutions in which an expensive apparatus for douching has been installed and in which I gave the nurses and physicians a practical demonstration of the most appropriate procedures, hydrotherapy is rarely if ever brought into requisition, if I may credit the reports of patients who resided there for prolonged periods. In view of this unfortunate fact it may not be unprofitable to cite at length the comparative studies of Kutly\* of one thousand cases of tuberculosis. "Four years ago," writes Kutly, "I stated that the sanatoria for tuberculosis will never do justice to their difficult demands until they possess a well-arranged water institute, conducted by properly instructed attendants." Kutly never pronounces a case cured until two years have elapsed without all manifestations. He does not hunt for statistical laurels and judges cases and results with the utmost rigor, approaching pessimism. In this essay Kutly compares the results of statistics of his own institution in Budapest with those of one of the best conducted sanatoria in Germany—Belzig near Berlin. Among the cases in the first stage of phthisis which were treated with tuberculin and the most approved dietetic and hygienic methods 39 per cent were discharged cured in 1905, while from the Budapest sanatorium there were discharged as cured 53.9 per cent as clinically cured in 1903. The only cardinal difference in the management of cases in these two large sanatoria is that in Belzig the only form of hydrotherapy consists, as in most German institutions, of douches which can be borne only by a fraction of patients, while in the Elisabeth sanatorium at Budapest all hygienic procedures are utilized with careful individualization, and that thus the latter is richer in a powerful therapeutic method than the most exemplary conducted Berlin institute.

The author feels justified in reproducing briefly the following excellent practical suggestions of Kutly because they are in accordance with the rationale of hydrotherapy and his own observations, and they are the result of observations of an enormous clinical material. How insignificant the observation of a few cases or of several hundred cases is in actual therapeutic deduction, only the fair-minded clinician

\*Hilner (for *Klinische Hydrotherapie*, May, 1904).



rian who is willing to submit to the decision of the bedside may approximate. In Kutly's institution the morning bath is most frequently resorted to for patients who are not confined to bed. The tub is filled so that the water at 96° F. reaches the umbilicus of the sitting patient, who wears a wet turban. The attendant pours water upon the chest and back several times. Cold water is added so that the temperature of the bath is reduced to 86° F. The patient is thoroughly rubbed and is again drenched on chest and back; the entire procedure lasts three minutes. The bath temperature is reduced daily one or two degrees, until 82.5° F. are reached, which is well borne by the weakest patients, except neurasthenics, who do not bear temperatures below 91° well. Appetite and sleep are improved. The treatment is ceased by poor patients after their discharge; the better situated always continue it. Half baths are not advised in febrile cases, which are always immobilized; nor are cold baths advised. The *febrile cases* receive wet compresses around the trunk; these are made of linen and dipped in cold water (temperature not given), wrung out, wrapped around the entire trunk, and covered by flannel (see article "Wet Compress" for technique). Kutly has obtained very calming effects, in insomnia and painful conditions, from wringing the compress out of very cold water and leaving it several hours *in situ* to produce a vapor around the trunk. When the temperature is high the compress should be less wrung out (see article "Wet Compresses"). Rest in bed combined with wet compresses is far more valuable than antipyretics. A cold coil secured over the heart enhances the thermic and exhalation action. Another valuable procedure in febrile cases is the partial ablation, beginning by uncovering one arm, wrapping it in a damp towel and rubbing over the latter until the skin reddens. The arm is replaced without drying; the other arm, chest, and back are similarly treated, the damp cold cloth being stretched over the parts before the latter are rubbed. This procedure is regarded by Kutly as "inestimable"; it invigorates and hardens the patient, improves the appetite, abstracts heat mildly, improves the peripheral circulation, and is the best protection against sweats.

The typical management of our febrile cases is "rest in bed, trunk compresses every two hours, and every morning an ablation. We rarely had a patient who did not improve in a few days subjectively. Even cases of doubtful prognosis frequently improve in appetite and general tone, and the night sweats are controlled by an evening ablation even when the most powerful antihydrotic medicines fail. When pityriasis, caries, or lupus affects the chest or other parts in cases of pronounced debilitation and in those in which by reason of hemorrhages strict rest must be enforced, friction over the arms and thighs, cov-



ced by a well-stretched damp towel, is applied with advantage. There is no effect upon hæmoptysis, but the comfort of the patient is enhanced and the prognosis improved.\*

Kutly very properly does not apply the douche as frequently as do other German sanatorium physicians, because the cold douche is often too exciting, although it is doubtless a good tonic, improves the heart and appetite, and enhances tissue change, hardens the patient, and ventilates the lung by deepening the inspiration. It is badly borne by irritable neurothénics, of which there are many cases. By proper selection of cases, however, the majority of cases may be benefited by mild douches, which he has used for many years—water of 75° F., reduced gradually as far as 50° or 60° F., is well borne. This observation of Kutly confirms my own observation of the large material of the Montefiore Home (see opening of this chapter) in which I began with mild douches and gradually trained the patients to lower temperatures and higher pressures as the case indicated. Unfortunately such individualization makes great demands upon the physician's time and judgment, while the prescription of fresh air, good food, rest, or exercise are far more simple. Just as the systematic application of the latter agents has wrought the favorable change in prognosis resulting from sanatorium management, so will *the systematic and skilful adaptation of hydropathic procedures positively improve the statistics in institutional and private practice.*

The fan douche abstracts less heat and is less brusque and exciting than the rain douche, which is really a cold shower. Kutly justly dwells upon this important point\* and advises the treatment which the author first applied in the Montefiore Home in 1896. Kutly justly regards temperatures in neurothénics one or more degrees above normal and a tendency to hæmoptysis as contraindicating douches. He recommends cold jet douches in the feet to counteract their habitual coldness, and prefers them to hot bottles, etc., even in midwinter. He also has obtained good results in insomnia from cold compresses around the legs and thighs and lower extremities. He esteems the cold coil or ice-bag applied over the cardiac region highly in toxic heart failure and irregularity.

\* During a visit at Falkenstein in 1896, the author was shown the douche of the institution. To his great surprise and chagrin he found it to consist of a perforated plate, 18 inches in diameter, suspended from the ceiling above a sunken bath in the asphalt floor. On inquiring for the temperature and pressure of the water, it was discovered that these were unknown quantities. By request of the author, the water was ascertained to have a temperature of 47° F., and he was informed that only cases already improved by the regular treatment were subjected to the douche to harden them.

## DIABETES.

*Diabetes* is a malady which we are in the habit of treating in an empirical manner, with little hope of restoration to health. To diminish the entrance of sugar-producing foods into the system is the leading principle in the "treatment of this disease." That lives have been prolonged by strict attention to diet there is no doubt. But how great is the sacrifice of comfort and happiness these patients are too often called upon to make when following conscientiously the rigorous dietetic orders few physicians realize, unless they or some near member of their family be a subject of this malady.

There is a method of managing the patient in this disease which has been rewarded with a success to which the author had been a stranger during the first twenty-five years of his professional career, and in the scheme of which hydrotherapy enters very largely. We know that the glycogenic function of the liver is in abeyance and greatly impaired, while the muscles, which also possess glycogenic function, fail by reason of the lassitude incident to this disease. There being no agent by means of which the glycogenic function of the liver can be enhanced, and the causes of the loss of this function being still obscure, there is nothing left but to limit the supply of sugar-producing element. We are, however, in a more favorable position with regard to increasing the functional activity of the muscles, and thus enhancing the well-known sugar-converting function of their inner fibrillar substance. By increasing, therefore, the circulation in the muscles (the principal effect of exercise and tonic hydrotherapy) we may enable the system to appropriate a large proportion of the sugar circulating in the blood, and thus prevent its loss to the system. Clinical experience is largely in entire accord with this deduction from physiological observations. The latter are not new, but their true import is unfortunately not recognized sufficiently to become part of a scheme in treatment.

Diabetic patients are warned to live hygienic lives, to keep clean, and take plenty of exercise. The insufficiency of directing such a patient to exercise is soon made evident; he is unable to exercise much without great fatigue. Inasmuch as the latter is regarded as detrimental, less exercise is ordered and taken until it is abandoned altogether.

It has long been my custom to insist upon *regular and sustained exercise*, by which alone muscular glycogenesis can be stimulated. This requires great moral courage and energy. So great are the languor and inertia of the patient that it is almost impossible to overcome this. And here is the point where hydrotherapy enters as an important remedial agent. That great physiologic stimulant, cold applied



through the medium of water, especially when combined with the mechanical stimulation of the douche or affusion, arouses nerve activity, increases muscular capacity, contracts muscular tissue, improves nutrition and hæmæstasis, and thereby increases energy, removes languor and indisposition to exercise. When moral reaction has failed, and even the certain prospect of further invalidism has not stimulated the diabetic to effort, the systematic daily neurovascular training by the cold douche or affusion has often required me by a renewal of life, a quickening of all the functions, an elevation of vital activity, which brought the patient to tolerate and even enjoy muscular exercise, without fatiguing him. Not alone do we thus obtain the salutary influence upon the muscular glycogenesis, but the improvement of the patient's general health contributes to the enhancement of his digestion, assimilation, and more normal excretions; weight is gained; the patient and friends are cheered. Such stimulating effect upon the nervous system in a disease which is so largely neurotic conduces rarely to the restoration of health. It has been my frequent observation that *strict rules of diet may be relaxed where systematic exercise*, of which I insist upon having a record on the pedometer, and hydrotherapy are added to the management of diabetes. Here again we have a striking illustration of the fact that hydrotherapy, though not directly curative, aids in enhancing the resistance of the human organism to disease.

In addition to this action of cold procedures, there may be a hitherto unknown stimulation of the sebaceous glands which may result in an accumulation of glycogen in them. Lombardo\* has found glycogen in the foetal skin. He states that he has discovered it in adults, by a process which he details, "constantly in the secreting epithelium of the sebaceous glands, and that it was more abundant the greater the functional activity of the glands. It was also found in the external epithelial layers of the skin, from the bulbs to the insertion of the erector muscle of the hair."

One brief clinical history of a case of long-enduring restoration must suffice to illustrate my statements:

Mrs. S., aged 65 years, consulted me on March 2, 1892, for great lassitude, loss of appetite, depression of spirits, and other symptoms pointing to diabetes. Examination revealed six per cent of sugar, specific gravity 1040, quantity in twenty-four hours eighty-one ounces. Weighing nude 253 pounds, and being quite inert and languid, exercise seemed utterly out of the question. A strict antidiabetic diet was prescribed and rigidly adhered to, but she could not walk two blocks without dyspnoea and great exhaustion. Despite the most laudable persistence in her efforts to carry out my instructions for one month

\* La Tribune médicale, Dec., 1907.



she lost only one-half per cent of sugar. In order to reduce her weight and improve her nerve and muscle energy, she was induced to drive in a carriage five miles to receive the following treatment: Once a week she received a hot-air box bath until she perspired freely. This was followed by the circular douche at 90° for half a minute, and by the fan douche at 80°. This was succeeded by active massage and resisting movements for fifteen minutes. Five times a week she received a tonic hydriatric procedure (beginning with a dry pack for half an hour for the purpose of filling the cutaneous vessels, and followed by a general ablation at 70° with good friction. On April 15th—i.e., in two weeks—she had lost six pounds and was able to walk six blocks twice a day. A week later specific gravity of urine was five points less, sugar three-fourths per cent less. Wet packs in sheets wrung out of water at 50° were each given for forty-five minutes, followed by half-baths of ten minutes at 85°, with active friction in tub, followed by massage and resisting movements for fifteen minutes. The object of this procedure was to increase tissue change and improve the circulation in the muscles. This effect was increased a month later by substituting the jet douche under thirty pounds pressure at 60° F. for the half-bath. It was delightful to observe how this large and unwieldy woman gained in energy, desire and ability to walk, so that at the expiration of three months, despite the summer heat, she was able to walk four miles a day, morning and evening. The diet remaining the same, sugar decreased gradually from the time she was able to walk a mile daily, until eight months after beginning treatment she was entirely free from sugar. She was free from diabetes eight years later, the only precaution being to resort to more muscular exercise when farinaceous food was indulged in moderately.

*Home Treatment* may be quite as effectively applied as the institution treatment. Following the method described as Neuro-Vascular Training on page 436, and under Phthisis Management, and cautiously advancing to more positive cold procedures, from which the patient reacts well—affusions, daily lowered in temperature (see technique on page 119), Drip Sheet, Cold Plunge, the family physician may note an enhancement of muscular vigor, an improvement in the action of the skin, a better appetite, digestion and assimilation—an elevation of the will power, and consequent ability to obey instructions with regard to diet and systematic exercise. The dread of cold water will disappear under this cautious raising of the patient's depressed "tone." All possible injurious effects of the latter may be effectively neutralized by making the applications brief, repeating them several times a day rather than prolonging them. Good friction during the treatment prevents chilling after its conclusion.

## CHAPTER XXIV.

### MALARIAL DISEASES.

ALTHOUGH we possess in quinine a curative remedy for true (plasmodium) malarial fever, cases do occur which resist its influence, or in which the medicine cannot be taken or retained. Moreover, there are certain forms of malarial fevers of great severity, in which it is well-nigh impossible to obtain absorption of quinine; and there are other forms in which quinine has been found rather deleterious than otherwise. The former are those chronic forms in which the paroxysmal habit has been set up, as it were. This type of cases is not infrequent in malarial regions; they usually arise from neglected cases and continue during the winter months, despite atmospheric conditions which would prevent the recurrence of the disease *de novo*. When medicinal, dietetic, and climatic treatment have failed to restore these cases to health, hydrotherapy may prevent the recurrence of the paroxysms and so improve the general health that a favorable issue may result.

The malignant types of malarial diseases, especially the hemorrhagic form, have proven very rebellious to quinine treatment, probably because the absorption of this agent is rendered difficult by impaired circulatory conditions. Steudel,\* who is an enthusiastic advocate of quinine, concedes that the development of pernicious forms of malaria failed to be prevented by the most energetic prophylactic use of quinine in fifty per cent of the cases.

Has the application of water in this disease demonstrated its clinical value sufficiently to warrant a resort to it, when quinine has failed, or when its application was inexpedient or impossible? This question will be answered in this chapter.

In the early part of this century Currie reported that several times he prevented the development of intermittents by affusions of cold water, given about an hour before the expected paroxysm; and that four or five affusions caused the cessation of the paroxysms.

The progress of scientific hydrotherapy in France, Fleury, applied douches of 55°-60° F., one or two hours before the paroxysm in over one hundred cases, and came to the following conclusions, which were investigated and confirmed by a royal Belgian commission in the Military Hospital at Brussels: 1st. In simple recent intermittents, with or without enlarged spleen, cold douches may replace quinine. 2d. In old, regular, or irregular intermittents with relapses, cachexia, anemia, etc., cold douches should always be preferred to quinine.

\* "Die pernicious Malaria in Deutsch-Afrika." Leipzig, 1892.



The history of this subject, gathered since the days of Fleury, tends to maintain the correctness of his conclusions. In the large preponderance of recent (plasmodium) malarias quinine is of undoubted value. When rightly administered, to the production of cinchonism, three hours before the expected paroxysm, the effect is specific—the only real specific in therapeutics; we can predict the result with certainty. To recommend any hydropathic procedure in these cases is unnecessary, and its preference to quinine can be entertained only by a water enthusiast. When, however, for some known or unfathomable reason, quinine is not absorbed so as to produce cinchonism, or the paroxysm is too irregular in its return to be forestalled, the records show that hydrotherapy "may replace it" very satisfactorily.

That quinine should be replaced by hydrotherapy in the old, irregular cases, as Fleury recommends, may at first thought be deemed to be a water enthusiast's view. But those who have, like the writer, often been fuddled in these trying cases will gladly welcome so simple a measure as a cold douche, affusion, or hip bath as a trustworthy refuge when quinine fails.

The author, who practised for fifteen years on the banks of the Wateree River, near Camden, S. C., where the adjoining plantations leased malaria of the mildest as well as the most malignant type, realises how much he lost at that time by reason of his unfamiliarity with this valuable therapeutic function of water in malaria. Since his residence in New York he has had but one opportunity to treat an obstinate case of intermittent by water, the relation of which may be instructive. The subject of the following history was saved by hydrotherapy as an infant (see page 371).

P. S.—, aged 12 years, applied for treatment September 14th, 1891. He had been suffering from a quotidian fever since the summer of 1890. The attack yielded to quinine for weeks, but continued to recur at the most unexpected periods during the following winter. He regarded himself cured, paroxysms having been absent for several weeks, when on his way to the Chicago Fair he had a chill when crossing Niagara Falls Bridge. On his return home he again submitted to a course of quinine and arsenic with occasional good result. The paroxysm returning in September, I was called during the absence of his able medical attendant, Dr. W. T. Alexander, and found that he had had several daily recurring attacks, which compelled him to retire from the schoolroom about 11 A.M. every day. The spleen was enlarged about one-fourth; the boy was anemic and despondent, although he felt well during the early morning hours. I prescribed quinine, but failed to cinchonize him, even with the solution in large doses (30 gr.). About a week was thus wasted, when I advised his intelligent mother to give him, at 10 A.M. daily, a cold douche upon the back, while standing in twelve inches of hot water in the bathtub. The boy's residence being in Audubon Park, on the eastern bank of the Hudson River, the water pressure was quite strong, probably thirty pounds. The temperature of the water was 60°; the duration five minutes. The effect was simply marvellous; the boy has never had



retion of the malarial paroxysm since the first doaches; the latter was continued daily for one month, and he was advised to take cold plunges daily during the winter. His health was completely restored.

This experience has been frequently repeated by others. Fodor\* reports seven cases of malarial fever, from five weeks' to four years' duration, which had been treated with quinine *secundum artem* without success, and which yielded to doaches and hip baths very rapidly. These and other histories recorded by Fischer, Strasser, and others, are remarkable for minuteness of description and for the rapid effect of the treatment which they record.

Alois Strasser,† in detailing one of these cases, offers the following explanation of the rationale of hydropathic procedures in malarial affections. "Quinine and hydrotherapy act alike by rendering the plasmodium harmless. Quinine destroys the plasmodium, or so weakens it that sporulation and reproduction are inhibited. The natural course of the paroxysm consists of the entrance of the parasite into the blood current, its growth in the red cells, the destruction of the latter and of the parasite, and the admixture of the products of this decay with the leucocytes. Cold applications act by causing a breaking down of the red cells, which have been weakened by containing the plasmodia in the act of breaking up, before the fever occurs, and by furthering destruction of the plasmodia which have left the cells, either by phagocytosis or by increased oxidation."

Quinine is supposed by Kitz and others to destroy the parasite itself, but cold water can act only by enhancing the normal antiparasitic power of the blood serum, the tissues, and the cells of the organism. Cold water acts as a whip, which drives the latter to the highest development of its reactive capacity. The vital energies are heightened; the action of the heart, lungs, and skin is excited. The resisting and bactericidal power of the cell is enhanced. This increased capacity for work is evidenced by the rise of alkaliescence of the blood and by the mobilization of leucocytes circulating in it after cold procedures.

The aborting of a malarial paroxysm by cold water may be explained by the fact that the chill is really a retention fever, in which the constriction of the peripheral vessels, which gradually reaches a high degree, prevents the giving off of heat from the skin. Mangliano has shown that this constriction of the peripheral vessels begins two hours before the temperature begins to rise. The retention of heat is therefore colossal, not only in malarial, but in other fevers beginning with chills. By an artificial removal of this constriction of the peripheral vessels we may remove the heat retention and abort the paroxysm. If this is done two hours before the latter is due, it may

\*Blüser für Klinische Hydrotherapie, p. 183, 1892, and 1895.

†*Ibid.*, p. 10, 1894, and p. 190, 1895.

be prevented entirely. The cold procedure is most efficient for the purpose of dilating the cutaneous vessels by the reaction which ensues; the sorer through the latter is, the better the result, especially if perspiration is promoted by exercise when the patient is able to take it.

We have, therefore, a double effect for cold procedures before the paroxysm, namely, the furtherance of destruction of the red cells which have acted as hosts for the plasmodium, and the removal of the detritus of both by enhanced oxidation and eliminative action, and by counteracting heat retention.

Strasser cites two hundred and seventy-two cases of malarial fever, which have been treated successfully by hygienic procedures, by several reporters.

The procedures which have been found most useful are as follows: By careful investigation the time of the expected paroxysm must be ascertained. About an hour before the time, a douche should be applied, preceded if possible by a dry pack or hot-air bath. The patient, standing in water at 100°, receives over the spleen, liver, and spine a douche or affusions of 60° or less, lasting thirty to fifty seconds, with the object of producing decided reaction after the shock. This should be repeated in half an hour, to insure proper effect. In many instances the treatment will prevent the paroxysm. Whether it does or not, it should be repeated every day at the same time for a week or two.

If the paroxysm develops, the full bath at 75°, wet pack at 65°, or affusion at 60°, with abdominal compresses at 60°, should be applied for antifebrile purposes. The chief purpose, however, should be the prevention of the paroxysm by a daily cold douche, repeated twice within an hour of the expected paroxysm.

Relapses have been produced by cold douches under Strasser's observation. He explains these by the contrasting effect upon the spleen which his oncometric experiments have brought out. The plasmodia which have probably been lodged in the spleen are thus driven into the circulation and their activity receives full scope for baneful action.

The success of affusions with buckets of cold water in the malignant type of malarial fever has been reported by Southern and Western physicians residing in the dangerous alluvial bottoms of the Mississippi and other rivers. The older text-books (Geo. B. Wood's "Practice," 1866) may be profitably consulted on this fact.

## CHAPTER XXV.

### NEURASTHENIA.

By consensus of many authorities, hydrotherapy is indispensable in the management of the large majority of neurasthenics. Indeed, there is probably no chronic disease in which its application contributes more largely to the betterment of the patient's condition and which renders the effect of changed environment, removal of etiological factors, diet, electricity, and medication more pronounced and enduring.

Long before neurology had become a specialty or neurasthenia had been recognized by our own Beard as a distinct disease, Griffin\* prescribed lukewarm and cold ablutions in "spinal irritation."

Romberg† advised cold affusions over the head for vertigo, and recommended warmly a systematic cold-water treatment for cases of "psychical hyperaesthesia."

Preiss‡ said truly, long ago: "Prolonged continuance of anomalies of the nervous system not rarely derange important functions, including those of the chylopoietic organs. Since all functions depend upon nerve action, and no other remedy is capable of altering the nervous system in a mild manner so rapidly, surely, easily, and thoroughly as water, this simple remedy must occupy the first rank as a nerve tonic."

Eulenburg§ regards balneotherapeutic procedures in the form of cold-water treatment among the most important agents.

Jolly prefers, in his treatment of hypochondriasis, hydrotherapy to electrotherapy. He recommends the consumption of large quantities of water to promote renal and peristaltic action, and regards the external application of water as very useful "in those cases in which increased excitability is combined with tendency to exhaustion." Jolly regards this favorable influence due to the cutaneous derivation and improvement in the circulation and tone of the vessels, as produced by cold rubs, half and full baths with friction and douches, always care-

\* "Observations on Functional Affections of the Spinal Cord and Ganglionic System of Nerves." London, 1834.

† "Lehrbuch der Nervenkrankheiten des Menschen." Berlin, 1851, p. 20.

‡ "Physiologische Untersuchungen." Berlin, 1838.

§ "Lehrbuch der Nervenkrankheiten." 1858, vol. II., p. 697.



fully adapting the temperature, etc., to the patient's condition. He advises sending obstinate cases to institutions where treatment may be applied judiciously.

Krafft-Ebing\* writes: "In the management of neurasthenia the water treatment is of the greatest value, because as applied preferably in institutions, it admits of all possible excitant, calming, and alterative effects upon the diseased organism and its tissue change." He recommends hydrotherapy in insomnia, and regards its good effect in neurasthenia as due to regulation of cardiac activity, dilatation of peripheral vessels, diminution or increase in the cerebral circulation, general calming, etc., according to the procedures used, and which he carefully indicates.

Strampell prefers to send severe cases of neurasthenia to institutions. He advises cold rubs, half-baths, and douches upon the loins.

Bouchut† uses moist hygienic measures, but advises that the physician familiarize himself with them, and *exercise great caution in their application*. He emphasizes that the skin is irrigated, tissue change stimulated, and hematosis enhanced. He furnishes many clinical histories to illustrate the effect of hydrotherapy.‡

Erb§ says: "Cold and cool baths, the application of cold water in its various forms, belong to the most important and most active agents in the treatment of nervous diseases. Its results in all possible forms of chronic nervous diseases are extraordinarily favorable. It is evident that we possess few remedies which produce an equally powerful effect upon the nervous system."

Klemperer,| chief of Professor Leyden's clinic in the Berlin University, says: that "in hydrotherapeutic effects we observe quite an extraordinary and inseparable stimulation of the nervous system which is reflected upon the various organs."

Dr. William H. Dwyer¶ says: "In persons whose nutrition has been enfeebled by chronic disease and in neurasthenia, hysteria, and hypochondriasis, its good effects are very striking. *It seems to be more effective than any treatment by medicines* in stimulating the nerve centres, in restoring the equilibrium of the circulation, and reviving the activity of the organic functions."

"Its best results require the appliances of a well-ordered establishment, where all the various methods of applying water can be wisely and skillfully directed."

\* "Ueber gesunde und kranke Nerven," p. 148.

† "Du Nervosisme," p. 268.

‡ "Handbuch der Neurasthenie," F. C. Maller, 1895.

§ Ziemssen's "Cyclopaedia."

| Publications of the Bafeland Society, 1896.

¶ Medical Record, April 25d. 1893.

Dr. Frederick Peterson,<sup>4</sup> chief of the clinic on nervous diseases at the College of Physicians and Surgeons, holds that the "water treatment certainly has many features which appeal strongly to our sense of rational treatment. Who can calculate to what degree we may thus influence the biochemical processes of the body, the metabolism of tissues, the carrying off of degenerated and toxic substances, or determine how much we may affect the vascular neuroses, the local anemias and hyperemias of the brain and spinal cord?

"With reference to general nervous diseases, I am sure there is a tendency everywhere among neurologists to look with more and more complacency upon this means of treatment as one of great value. I know that this is true in all parts of Germany, Austria, and France. In some conversations with Professor Winternitz, of Vienna, I learned that, in his practice of over thirty years, fully three-fourths of his patients were sufferers from nervous disorders, and his remarkable success in relieving and curing bad cases is everywhere attested."

These comments upon the value of hydrotherapy in neurasthenia (and other neuroses) are not cited from hydrotherapists, but from writers and teachers on neurology; they have been selected in order to demonstrate that the charge of "unwarranted enthusiasm," which is so often made against the advocates of hydrotherapy, is unfounded in fact.

In order clearly to outline the hydropathic treatment which I regard as the most useful in neurasthenia, it will be necessary to divide the cases into three classes, viz.: the torpid or hypochondriacal, the excitable or hyperasthetic, and the intermediate or mixed type.

1. *The torpid type* has been most frequently under my observation among the cases referred for hydrotherapy by colleagues, especially among those sent by neurologists. The reason is probably to be sought in the fact that these cases do not yield so readily to domestic treatment as the excitable type. Moreover, the prognosis with regard to hydrotherapy depends much upon the patient's blood state. The depressed neurasthenic, agoraphobic, nosophobic, or hypochondriac responds more readily to treatment than the hyperasthetic neurasthenic; and both will respond better to hydrotherapy if the general nutrition and hematoesis are decidedly impaired.

A somewhat extensive acquaintance with the literature, together with clinical observation of the enormous material received in the Park Avenue Hydropathic Institute, which receives private patients, and in the Hydropathic Department of the Riverside Baths, which receives patients from several large city dispensaries, and of the Clinic of Columbia University has convinced me that many of the manifestations

<sup>4</sup> American Journal of the Medical Sciences, February, 1893.



of neurasthenia in the large majority of cases are traceable to defective nutrition of the cortical structure, arising from circulatory disturbances in the cerebro-spinal sphere. Since this view is entirely clinical, and I may say empirical, i.e., based upon observing the effect of treatment, I shall not here venture upon the theoretical basis for my belief. Inasmuch as many excellent authorities, as Beard, Erb, Axenfeld, Bouchut, Eulenburg, Krafft-Ebing, and Strumpell, confirm this view more or less, it requires no further discussion in this practical work to establish the remarkable effect of a judicious application of water, carefully observed by the medical attendant in each individual and modified according to its effect upon the pulse, blood pressure, corpuscular elements of blood, etc. The best authorities insist upon a careful technique, and yet the latter is too often neglected. Directing the patient to take a cold sponge bath every day, or trickle cold water down his back, or to take a cold plunge bath, or a warm bath gradually cooled, or a Charcot douche, does not suffice to obtain the best results. The experienced neurologist may, and doubtless does, by watching his patients closely, succeed in restoring health by adding such perfunctory hydrotherapy to his other treatment. But how often are such patients seen only once a week or less frequently, and how much mischief may be done the patient by leaving him for several days to his own or to some nurse's water treatment? The writer has observed a case of "insomnia" of two years' standing which had been unsuccessfully treated by justly eminent physicians in Germany and in New York, including the most active hydrotherapy. The patient also failed to recover under the most judicious rest cure, and, being referred to the author by Dr. Wharton Sinkler for water treatment, began to improve, and he eventually recovered entirely under hydrotherapy, which was assiduously watched every day and modified to suit existing conditions.

I have recently returned a patient to San Francisco in perfect condition after a three-years' peregrination from one specialist to another, from asylum to sanatorium, from rest cure to diversion. This case (psychopathic) recovered under a gradually adapted hydrotherapy.

Hydrotherapy often, alas! too often, fails, as do other remedial measures, but it is the author's belief that failure of the former is often the result of imperfect and unsystematic application by the patient, his friends, or by untrained attendants, of a treatment which may have been carefully ordered by the physician. I plead for the same watchfulness in chronic diseases which the physician maintains in acute life-endangering maladies. Results approximating those so commonly obtained in the latter may by assiduous care not infrequently be reached in the former. The observation of this fact must be my apology for entering somewhat minutely into the hydropathic methods I have found most useful in neurasthenia.



In neurasthenia of the torpid type of patients whose nutrition is below par, the object of treatment is the elevation of the general nutrition. If the patient has not been accustomed to cold water in any form, he may receive a dry or alcohol rub every morning before rising; a brief exposure of successive parts of the body to the air is useful, and aids the effect of the dry rub or rubbing with a bath glove or wash rag, wrung out of equal parts of alcohol and water at 75° (alcohol being added to allay these patients' frequent fear of cold water), in bringing about a cutaneous hyperæmia. After continuing these rubbings several days, the patient will be prepared for the dry pack and ablutions (see page 413) gradually reduced in temperature. This treatment "feels the patient's hydriatic pulse," as it were; for, if he reacts well, and is not excited by the procedure, we may at once advance to more decided measures. In domestic practice the wet pack, always followed by the half-bath, provided a trained attendant may be obtained, is perhaps the most useful procedure, but long training of the reaction is required ere the patient is able to bear so decided a procedure. The shower bath, which usually has insufficient pressure and is but too frequently applied over the head, is "a delusion and a snare." The dry sheet and cold rub are very useful domestic procedures if applied by a skilled attendant. It should always be remembered that the patient requires mechanical aid from an attendant to bring about the proper reaction, and that the stimulus conveyed to the central nervous system is the aim of the procedure. This point must never be lost sight of. The depressed patient may find all kinds of hypercritical objections to the treatment; these should lead the physician to observe the patient if possible before, during, and after the treatment, to examine the pulse by the sphygmograph and count the respiration, ascertaining by dermatography the capillary cutaneous reaction; and, if possible, the blood should be examined by the hæmatocrit and hæmometer. Thus, and thus alone, may the physician satisfy himself of the correctness of the patient's estimate of the treatment; he will find the latter usually unreliable; and the nurse's impression is not always a trustworthy guide.

Another very useful procedure, applicable chiefly in cases presenting psychic manifestations, is, according to Strimpell, whose observation the author can confirm, the *hip bath*. My usual practice is to raise the patient's general nutrition by the procedures above referred to, and when this is accomplished to order a hip bath of 90°, daily reduced one degree until 80° is reached, of five to eight minutes' duration, with good friction, terminated by three affusions upon the back with a pailful or basin of water at 75°, daily reduced until 60° is reached. In addition, the patient is advised to consume daily three portions of

eight ounces each of cold boiled water, containing as a placebo and reminder a tablet of lithia or other alkali. Twice three times weekly a thorough intestinal irrigation, which removes all fecal, gaseous, and other accumulations, enhances the favorable effect of the other hygienic measures and disinfects the intestinal canal.

If this treatment does not restore the patient, his diet, exercise, rest, etc., being carefully adjusted to indications, a more active method should be adopted. The general or spinal (Charcot) douche (one or both) is the most powerful agent for arousing the lethargic patient, stimulating his nerve centres, and increasing cardiac vigor and tissue change. (See *Excitability of Douche*, page 255.) This procedure, like all others, must be gradually and carefully adapted to the requirements of the case, until the lowest temperature and highest pressure are borne without flushing. I have often succeeded in training the patient's reactive capacity to accept a jet douche of 40° for twenty seconds, under thirty-five pounds' pressure, or the Scotch douche, which is the most stimulating procedure. My usual course is to place the patient in the hot-air cabinet, for the purpose of improving his reactive capacity by dilating the cutaneous vessels. He is removed before he perspires. Once a week he is allowed to perspire five minutes for the purpose of enhancing tissue change. After removal from the cabinet the patient receives a circular douche of one-half to one minute's duration at 95°, gradually reduced to 85°, to avoid too great shock from the subsequent procedure. A general fan douche, under twenty pounds' pressure, follows at 85°, reduced gradually during ten to twenty seconds to 80°; the latter daily reduced one degree. The patient is now rapidly dried and sent out into the open air for a walk, which he is ordered to continue until somewhat fatigued. After one week of this treatment a fan douche to the back is added, beginning with twenty pounds' pressure, at a temperature of 75° for five seconds, and increasing pressure and duration and decreasing temperature daily. This is administered after the circular douche, and followed by the general fan douche for fifteen seconds, at 78°, daily reduced, and at thirty pounds' pressure. Then the jet douche to the back is substituted for the fan douche.

The prescription at the beginning of the third week, provided the treatment is found appropriate to the patient's reactive capacity (not to his own ideas), will read as follows:

B. Hot-air bath to beginning perspiration. Circular douche, 25 lbs. pressure, 1 min., 95°-80°. Jet douche back, 30 lbs., 5 sec., 75°, daily reduced one degree. General fan douche, 30 lbs., 20 sec., 78°, daily reduced one degree. Friction. Walk slowly in the open air.

Owing to the cumulative effect of this neurovascular training, daily



treatment is preferable. Usually Sunday is omitted for city patients, but included for extramural patients whose stay is limited.

As the patient's reaction is improved, less friction is used in drying; he may be lightly dried and allowed to clothe himself and take active exercise.

*Well-nourished neurosthenics* of the depressed type are more difficult to cure. In these cases the patient's response to water treatment must be ascertained in the manner above mentioned, the difference being that the dry pack is continued until the patient perspires well, which may be facilitated by copious drinking of cold water. Successive parts of the body are cautiously exposed and well dried before ablutions are begun (see *ablutions*). The succeeding treatment is the same as above, with the exception that the patient is allowed to remain in the hot-air bath until he has perspired five to twenty minutes. If the patient's weight is reduced too much by this treatment, the hot-air bath may either be shortened, discontinued, or brought only to cutaneous warming. The internal use of water should be increased to four portions of water, eight ounces each, an hour before meals and at bedtime, two being hot and two cold water. Intestinal irrigation is also an essential part of this treatment.

2. *The irritable or hyperæsthetic neurosthenic* does not offer so favorable a field for hydrotherapy as the opposite type. Here, again, it is necessary to differentiate in our procedures between the poorly and the well-nourished individual. Both types require very cautious management. The dry pack may "set him wild;" he objects to being confined in it and fears lest he may be burned or otherwise injured. This is not an uncommon incident with other patients; it must be met by quieting assurance from the constant presence of a calm and self-possessed nurse. The hot-air bath also has terrors for many patients of this type. It is difficult to persuade them to go into it; but patience and the presence of other patients in the adjoining cabinets usually overcome such fears.

The patient requires only a slight warming up before he is subjected to a circular douche with fifteen pounds' pressure, for one minute, at 95°. He is now dried without being rubbed, and sent home to rest an hour. Walking slowly in the open air immediately after the treatment is far better than resting in a warm room before returning home, when he will probably be inclined to sleep. The temperature of the circular douche is reduced daily one degree, until 80° is reached. *In these cases strong pressure and low temperature are not tolerated*; nor is active friction so useful as in the first type. Prolongation of the treatment by adding a fan douche one degree lower than the lowest temperature of the circular douche, and with five pounds' more pressure, will be all



such patients may bear without increasing excitability. A gradual increase of pressure is better borne than a lowering of temperature. Occasionally the fan douche may be applied to the back as low as 75° for one or two seconds as a tonic, and if well borne repeated oftener. Hot water treatment is apt to aggravate such cases, unless given by thoroughly trained nurses and unceasingly watched by the physician.

The well-nourished hyperæsthetic neurasthenic may begin with half-baths at 95° for ten minutes, daily reduced one degree until 85° is reached. Affusions may excite him, and must therefore be omitted or gently and gradually added. Hip baths at 90° for eight minutes at bedtime are useful, the feet being kept warm and the bed linen warmed during the bath. The water temperature may be reduced daily according to tolerance. Increase of duration of the bath is more effective than decrease of water temperature. This type of neurasthenics is the bane of the hydrotherapist, because the treatment must be advanced very slowly, and changed often according to its effect upon these impressionable individuals. These patients are almost certain to abandon it before the proper procedure has been sufficiently tried, a not uncommon occurrence with all neurasthenics.

A very prevalent error in the treatment of all neurasthenics is committed in yielding to the patient's inclination to have local treatment. He wants applications to his head for headaches, to his stomach for dyspeptic symptoms, to his spine for "spinal pains," to his perineum for "impotence," etc. Such applications fix his mind more firmly upon his real or imaginary ills and tend to aggravate them. He should be firmly informed that he has lost his "nerve equilibrium," that these ailments are but manifestations of the latter, and that the object of the treatment is a restoration of the "nerve tone," and must therefore be of a general character. Exceptions to this rule may be made in cardiac neurasthenia, when bradycardia or tachycardia with feeble pulse, etc., are pronounced. Here the ice coil (see page 149) is often useful, applied for periods of half an hour and interrupted for fifteen minutes. The quieting and slowing effect of such a procedure on the pulse is sometimes striking and helps the patient materially by suggestion, in removing his apprehension of heart disease.

The wet pack, 60°-70°, followed by the half-bath, 80°, for five minutes, is perhaps the most valuable procedure in cardiac neurasthenia, in which douches with strong pressure and low temperatures must be avoided.

3. *Intermediate or Mixed Cases.*—A large proportion of neurasthenics cannot be classed with either the irritable or depressed types.

The initiatory procedures are ablutions, affusions, half-baths as in

the other types. We have a valuable resource in the wet pack at 65°-70°, followed by affusions at 75°-85°, or the circular douche at 90° for one minute, and by the fan douche at 85°, reduced gradually every day, but not below 60°. When the case partakes more of one or the other type described above, the wet pack may be advantageously followed by the treatment detailed for the respective types, or it may be alternated with the hot-air bath and douche treatment.

The experiments of Max Schüller and the observations of Mary Putnam Jacobs have so clearly demonstrated the calming influence of the wet pack upon the cerebral circulation that we have an exact basis upon which this treatment may be applied in many cases of neurasthenia, especially those troublesome cases in which insomnia is a pronounced manifestation.

This procedure is one of the most effective means of quieting the entire nervous system, whether the irritable condition be due to an essential increase of reflex excitability or to a cerebral hyperæmia. The pronounced sinking of the brain substance, the positive diminution of the respiration and heart beat, the weakening of reflex excitability and of activity of the cerebral ganglia observed in tracheal rabbits during the wet pack, combined with the positive diminution of the vessels of the pia mater, represent the fundamental conditions for psychical calm and sleep. These are probably also present during the wet pack in man. Sleep is accompanied by a decided diminution of blood in the cerebral vessels; indeed the latter has been accepted as an essential condition for the production of sleep. This may explain why the wet pack, properly applied, is a useful procedure in the insomnia of neurasthenics. Sleeplessness probably depends in most instances upon abnormal hyperæmia of the cerebral cells, or upon abnormal vascular instability or a more or less morbid condition of the nutrition of the cerebral cells. When sleep is vainly sought, these vascular conditions probably become emphasized. Dwelling upon his wakefulness and its possible serious consequences, which he magnifies, the patient becomes a prey to apprehensions of evil. This mental state enhances the brain disturbance. As has been shown, the wet pack is calculated to contribute to cerebral calm by diminishing peripheral exciting influences. The interdependence of the cerebral functions with the condition of the sensory end organs is well known; the perfect functioning capacity of the cerebral centres is distinctly related to the integrity of the vast network of sensory nerves distributed upon the cutaneous surface. The striking changes produced in the psychical and intellectual individuality of persons afflicted with deafness or blindness may be explained upon the supposition that in these individuals sensory impressions are received and felt differently, and consequently do not produce normal and active object pictures upon the brain, by reason



of the lowered activity of the organs involved. May not a similar effect be produced by lowering the activity of that great organ, the cutaneous network of sensory nerves? The effect of the wet pack upon the cutaneous nerves is aided by the diminution of blood in the cerebral vessels, which it has been shown by positive experiments to produce. Thus a double sleep-inducing influence is set in motion by the wet pack. Sleep is ordinarily the result of a primary exhaustion or fatigue of the cerebral centres; it is favored by the removal or diminution of the capacity of the latter for receiving exciting impressions. The relaxation which so often induces sleep in persons subjected to the wet pack is also produced mainly by an inhibition of this receptivity to exciting impressions, aided by diminution of the supply of blood and nutritive material to the cerebral ganglia.

The demonstrated calming effect of the wet pack not only renders it a valuable agent for producing sleep, but it may also be utilized for the purpose of restoring the lost general nerve equilibrium and for the enhancement of the general nutrition (see *Etiology*, page 136). When the wet pack is followed by douches as above described, this double effect may be evoked with certainty, if the procedure be properly adapted to the case.

It may, however, become necessary to add other measures to "ring the changes" in our therapeutic activity. The most important element of treatment is judicious individualization and the avoidance of routine.

In addition to the above-detailed procedures, I have found in the treatment of insomnia, that *apoplectic mediciones*, which tax our resources to the utmost, hip baths of short duration, two to four minutes at 80°, reduced each night two degrees, until 50° is reached, very useful. They render the brain hyperemic, but this effect is followed after removal from the bath by reaction on the abdominal circulation, which fills this large vascular area and thus removes cerebral hyperemia. The duration and temperature of this hip bath must be carefully watched by a trained attendant; or, better still, by the physician, if the best result is to be obtained. It is intended to increase the pelvic blood flow and to be followed by a calming effect upon the general condition.

Warm full baths can be made useful only if the bed is warmed for the reception of the patient, and he is very rapidly dried and placed in it. Exposure to the air of the bedroom, which usually is 70° or less, after a full bath of 100°, brings on a reaction which counteracts the effect of the warm bath. The latter contracts the cerebral vessels; the former dilates them again. This is the reason why the warm full bath so often fails in insomnia. A much better procedure, based on Schuller's experiments, is the Neptune girdle at 65°, carefully covered with flannel (page 146). This produces, first,



hyperæmia of the cerebral vessels, which is quickly followed by anæmia, when the skin under the pack begins to warm up, and its vessels dilate. Wet compresses around the legs have also been recommended for this purpose, and the old hydropaths recommend the wearing of woollen socks wrung out of cold water and covered with dry woollen socks. This is a method much used in the Zimmermann Naturheilanstalt at Chemnitz in Saxony.

The author does not wish to be understood that the procedures mentioned in this chapter are the only methods to be recommended. They simply represent an outline of his method, from which he derives readily, and often with satisfactory results when indicated.

In dealing hydrotherapeutically with neurasthenia or with other diseases, the chief demand made upon the medical attendant is familiarity with the technique and *rationale* of the most useful procedures. If he takes into careful consideration the therapeutic indications of each case, whether he aims for stimulation or calming effects, for alternative, reducing, or perturbing results, he may adapt the procedure to every case. He must individualize more cautiously in neurasthenia than in any other disease, because these patients are easily discouraged. I have not infrequently observed otherwise intelligent patients refuse to continue after the first treatment, although this is always mild. I have less difficulty in persuading my own patients to continue, than the patients of colleagues, who are sometimes influenced by the graphic description of the shock (?) endured (from water at 93°), or from the tremendous (?) force of the stream (ten pounds pressure), or from the terrible (?) chills experienced, or the cold contracted after this heroic (?) treatment—a treatment which hundreds of the feeblest nervous women have endured without complaint.

Such cases are favorable subjects for hydrotherapy, if they can be induced to persevere, and I desire to warn against accepting their statements. The value of the mental discipline arising from thus overcoming their objections and groundless fears will be evident to the practised therapist.

That injustice will not be done the patient by disregarding his objections is evident from my observations. Among one hundred thousand treatments, of which I have reports and knowledge, the complainants do not number fifty. Among these about a dozen have contracted colds on the day of treatment—an infinitesimal number even if their accounts be always correct, which is doubtful. Reaction is usually so well provided for that the injunction to go into the open air after hydropathic treatment may be obeyed without hesitation or apprehension of colds.

*Clinical Histories.*—The following clinical histories are selected

from a large number, to illustrate the treatment (domestic and institutional) of neurasthenia, which may serve as a guide to the practitioner.

*I. Neurasthenia Gastrica—Home Treatment.*—Miss W—, daughter of an Ohio physician, aged 23 years, was referred by Dr. Francke H. Bosworth, the well-known rhinologist. Pale, emaciated, despondent, the picture of woe and despair, she was brought into my office by her sister. She had been ill three years; suffering first from fainting-fits at the menstrual period, afterward from violent pains in the right hand, traversing the body and concentrating in the epigastrium. For these her father, a physician, had been compelled to administer morphine for a month. Her stomach became irritable, and had continued so up to the present time; she vomited and spat up nearly all her food, mostly the solids. Sea baths did not improve her. She studied hard and grew worse. She lived on milk and farinaceous mush, and her stomach was regularly irrigated, without improvement.

She grew worse, became emaciated; she took peptonized milk for a month, but vomited it; meat produced the same effect. She now lived on grapes, which agreed with her; had tonics, peptins, and all possible medication which her father and brother could muster, without avail. She was sent to Dr. Bosworth, who is a friend of her brother. After she had been in the city for three weeks without improvement, the doctor sent her to me. She now vomited every day; she traced her ailments to painting-lessons, but I drew from her the history of a potent psychical factor as a cause, in the sudden violent insanity of the favored nurse of her childhood which occurred just previous to her attack. The stomach was washed out twice a week to remove mucus and fermenting material, which were not abundant and ceased after a few irrigations. She received general faradization daily and every morning she was treated with the dripping-sheet at 60° F., while standing in warm water, with three affusions of 50° upon the sheet, after which she was well dried and sent into the open air. Under this systematic management she improved slowly; vomiting ceased entirely; she went to the seaside greatly improved. On her homeward journey she called to tell me that she had grown stout and felt perfectly well. Two years later she wrote me that despite reverses, which necessitated her adopting teaching as a means of livelihood, her health had remained perfect, and that I would scarcely recognize her as the same person.

*II. Neurasthenia, Agoraphobia, and Insomnia.*—Mrs. —, aged 50 years, was referred to me April 16th, 1895, by Dr. A. A. Smith, as an obstinate case of neurasthenia, with gastric complication.

After returning from a long walk in 1887, she was suddenly taken with a curious attack. According to her own written history, which is here abbreviated, her vision became dim and hearing far away; the tongue got very thick, and the heart palpitated tremendously. She thought she was dying. She had never been sick in her life before. She was put to bed for two weeks. These attacks continued. She consulted for a throat trouble Dr. H. P. Lincoln, who treated her for a long time. She then sought advice from Dr. A. A. Smith, on account of severe indigestion.

Dr. Smith washed her stomach; he found no food, some mucus, very little foam, the mucus being perfectly white and clear. She improved after lavage and other treatment, but the nervous attacks did not wholly leave her. She had a dread of being alone in the street or in the house, and a great deal of palpitation. She could not go into a theatre, church, or anywhere else, "without going to pieces," and did not go out into the street without an attendant for several



years. Finally, Dr. Smith sent her abroad; she travelled for six months; she went to Schwalbach, took the iron baths, and drank the water for almost four weeks. She improved wonderfully for a time. Her appetite was good, and she slept well and gained considerable flesh, and felt almost as well as ever, when suddenly, while in her seventeenth bath, she was seized with another of the attacks; these continued to recur during the rest of her stay in Europe. She lost flesh, sleep, and appetite.

On her return to New York she again received lavage from Dr. Smith, with the same satisfactory result as before. During all these years she had suffered intensely from insomnia; she was obliged to take narcotics more or less, and always was oppressed by the intense fear that she had heart trouble; her heart and stomach seemed to be the only two organs that were very uncomfortable. She had severe pain on the top of her head and the back of her neck almost incessantly; she felt as though a weight was dragging her down. She never had any uterine trouble, and had never suffered during her menstrual periods.

She now tried the Zander inducto-therapeutic treatment for two months; felt much broken up from its effects at first, but thought she was somewhat improved.

She was not seriously afflicted again until this winter, when she had the grippe, which brought back the old attacks, making her most unhappy, perfectly helpless, and useless.

*Present Condition.*—Patient presents the symptoms described above. She is spare, tall, lissuette; all organs normal; no objective symptoms except restlessness alternating with enforced calmness, and a pessimism which seemed warranted by her past experience. She complains of insomnia, loss of appetite, agoraphobia; no introspection.

Treatment was begun April 18th, 1895, by testing her reaction. She received the usual preparatory treatment—a hot-air bath until warm, followed by a circular douche of twenty pounds' pressure for one minute, 65° reduced to 50°, and a fan douche, same pressure, reduced to 85°, for half a minute; good friction after drying and Swedish movements of extremities, with stroking-massage of trunk ten minutes. This was continued for four days, when the pressure of the douches was increased five pounds; the fan-douche was given at 85° and reduced one degree each day for five days. Menstruation now ceased. On the 5th of May treatment was resumed. The hot-air bath and circular douche remained as at first; the fan-douche was given for 85° to 75° for half a minute and thereafter at 75°, reduced daily one degree.

May 18th. One jet-douche to three fan-douches were alternately given for one minute at 75°. Reaction being good and patient improving, the douches were now given at thirty pounds pressure.

May 20th. Patient being too nervous to come to the bathhouse, she received at home a dry pack for fifteen minutes, followed by abortion at 65° and general massage, ten minutes. Continued for three days.

May 27th. There being no improvement in her condition, the hip bath, six minutes at 85°, was substituted, followed by the fan-douche, twenty seconds at 60° F. She became hysterical after the treatment. Being now afraid of the hot-air cabinet, patient received a dry pack until warm, followed by circular douche at 90° and fan-douche at 65° for one minute. (The dry pack is a good substitute for the hot-air cabinet, for home treatment or for timid patients.)

May 30th. Patient's condition became worse; she complained very much of "pain in ovaries and head." She was depressed.

June 30th. This treatment had been continued, the Scotch douche to upper



spine and epigastrium being added and the far-douche reduced to 50° as a stimulant. She was now entirely restored and went into the country.

May 4th, 1896. Patient returned for the purpose of fortifying herself for the approaching summer; expressed herself as feeling fairly well; no feeling of apprehension; sleep sometimes unsatisfactory. She was again subjected to preparatory treatment, with Scotch douches to abdomen, which she regarded as the most valuable element of treatment, affording relief of distasteful.

May 31st. Complaining still of occasional insomnia, the wet pack, forty minutes at 60° followed by a one-minute circular douche, 95° to 90°, and far-douche, one minute at 60°, was ordered, to alternate every other day with the hot-air bath and the same douches.

June 29th. Under this treatment she has steadily improved, and was discharged cured to-day.

Patient has remained well for two years.

III. *Neurasthenia Psychopathica*.—Mrs. —, aged 40 years, from San Francisco, has four children; perfectly well for eighteen years. Since birth of last child, seven years ago, has been ill; at that time, her husband being very sick, great demands were made upon her. Went to the World's Fair in 1893 in charge of a party, but found herself suddenly incapable of continuing and was compelled to return home. During the next three years she spent most of the time away from home on account of "distressing nervousness." She now went to Japan on account of her husband's health. She "could not account for her great depression during the sojourn in this interesting country, and constantly trembled at the thought of resuming her rôle in life, because she had misgivings as to her ability." On her return in October, 1896, to use her own language: "I was careless, forgetful, indifferent to everything, and excitable, restless, and fickle-minded to a distressing degree. My ordinary duties became a burden, a decision on any point, however trivial, was an impossibility." She took a partial rest cure at home, but found it necessary to go to a private sanatorium. She was nervous, distressed, dissatisfied without cause, felt she was no use to any one, a detriment to those nearest and dearest to her, and she was therefore willing to live apart from them. She "remained away a whole year without feeling maternal affection, lost interest in everything." She had massage, steam and shower-baths triweekly; she lived and dragged herself wretchedly, feeling that she had sacrificed her position in the home."

On her return home she suffered unpeakenly; was now, as she had always been since her illness, subject to insomnia. She again felt impelled to leave home, and went to relatives. Her uterus was now enlarged. She felt better until she got up; then "doubts, fears, questions as to the best course to pursue," returned; she "felt that she had lost her grip." Her hearing, being much impaired, added to her mental distress. She now came to New York.

October 5th, 1897. Mrs. D. presented herself in order to try systematic hydrotherapy as a last resort. She stated that her "life during the past year had been spent in sickness, dreading the coming of sunshine in the morning and of darkness at night; the thought of her husband and children deserted was maddening; sorrow had taken the place of peace, frustration was her base." She presented no organic disease; weight, stripped, one hundred and seven pounds; nutrition much below par, appetite poor, sleep imperfect. Ordered careful regulation of diet, exercise, rest, and a gradually developed hydropathic treatment, patient being placed in charge of a nurse.

October 7th. A preparatory douche, 55° to 85°, produced a hysterical attack.

October 20th. Becoming gradually accustomed to the treatment, she took 50°

day a circular douche, 95° to 100°, of one minute, followed by Charcot (fan) douche, 75°, for ten seconds. Her weight has increased three pounds.

Mental condition unsatisfactory. Nurse is suspicious of suicidal intent.

October 23d. Lost one pound in weight and is much distressed by the fact. Ordered hip bath, 85°, for five minutes, followed by fan douche to back, 75°, ten seconds, to be reduced daily one degree.

November 13th. Took the same hip bath, followed by fan douche, 74°, for ten seconds. Has gained four pounds, but expresses no satisfaction over gain. Is extremely despondent, sighing, and irritable.

November 28th. Hip bath, 85°, for eight minutes, followed by jet douche to back, 65°, for fifteen seconds, and fan douche, 70°, for ten seconds. Has lost two pounds; greatly dejected by this loss.

December 3th. Treatment continued with daily reduction of douche temperature and increase of duration. To-day she took a jet douche to back, 58°, for twenty-two seconds, and general fan douche, 65°, for ten seconds. Weight increased three pounds without remark by patient.

December 12th. Weight increased two pounds, total increase being eight pounds. Mental condition better; patient "sees some ray of hope."

The hip bath was now ordered, alternated with a perspiration bath to stimulate these change. The urine had become scant, with an increase of urates and phosphates.

January 1st, 1896. Under this treatment she did not improve. She was satisfied over a loss of three pounds.

January 23th. She has continued regular treatment. Took to-day hip bath, 85°, for seven minutes, followed by jet douche. Her weight is one hundred and thirteen and one-half pounds, a gain of six and one-half pounds. Her complexion is good; appearance bright; mental condition decidedly improved. There was a lingering degree of dissatisfaction, but I deemed it advisable to send her home with the injunction to her husband to insist upon occupation.

June 8th. Frequent reports have reached me stating that Mrs. D. is a changed being; she is cheerful, active, and "the life of the home."

This satisfactory result is in my opinion due chiefly to the effect of a judicious hydrotherapy upon the nutrition of the central nervous system. Suggestion had no place in this result; she attributes no effect to my treatment, even now.

*Conclusion.*—The author's observation leads to the conclusion that, while many cases of neurasthenia may be effectively treated without water, mild cases will be hastened to a favorable termination by adding water to the therapeutic measures applied. Those who cannot obtain skillful treatment by water at their homes will do better without it altogether, unless the physician teaches some member of the family the more simple procedures. In no other disease is hydrotherapy a two-edged sword to the same extent as in neurasthenia.

Whenever institution treatment can be had it is preferable, because it may be more skillfully and judiciously applied, as Dr. Draper has shown. An additional and very great advantage of institution treatment lies in the fact that it requires the patient to withdraw from his or her unfavorable environment for several hours, days, or months.



Many cases which have resisted treatment may thus be carried to a favorable issue, even if they devote only a part of the day to the treatment.

### NEURALGIA.

Pain in the course of a nerve has received the appellation neuralgia whenever the distressing manifestation is not due to actual disease of the nerve or of some organ.

The experienced observer has frequent occasion to realize the correctness of Romberg's saying, that "pain is the prayer of the nerve for better blood." In a large proportion of cases of neuralgia the pain is but the expression of some pernicious influence exerted upon the blood by malaria, gout, or other toxic agent. Moreover, there exists in many cases of neuralgia a distinct anemia. Hyponutrition is also not infrequently marked, either as the cause or the result of long-continued nerve pains.

Next to ascertaining and removing the causes of neuralgia, our therapeutic measures must be directed to the building up of the failing nutrition. These objects may be most effectively accomplished by rest of the affected part in the acute stage, and by alternating rest and exercise in the chronic. Hydrotherapeutic measures, judiciously adapted to each individual case when the patient is anemic, enhance the efficacy of other treatment, and often suffice alone. The methods detailed above for improving leucæmia are useful.

It is essential so to manage all hygienic treatment in this affection that good reaction ensues. By this means active fluxion through the diseased as well as the healthy parts is determined. Not only are metabolism enhanced and noxious products eliminated by the increase of renal and cutaneous activity, but the increased alkalinity of the blood tends to neutralize any acid toxic products circulating in it and endangering the integrity or otherwise interfering with the normal condition of the nerve trunks and their branches. The general nutrition is always enhanced by increasing tissue change, improving the quality of the blood, and restoring the normal resisting-capacity of the patient to atmospheric changes.

In gouty conditions, the wet pack, followed by half-baths or the hot-air bath until perspiration is free, as far as the condition of the patient warrants, and by a circular douche of 100°, reduced gradually during one minute to 90°, and this by a fan douche for ten to thirty seconds at 85°, daily reduced one degree, has given me the best results. The local pains are relieved in the majority of cases by hot fomentations applied as detailed in page 159, until free perspiration over the entire



body issues, followed by the circular douche at 90° for one minute, and then by the Scotch douche (alternation of 110° and 70°) for one minute over the affected nerve, if accessible. This, in turn, may be followed with advantage with a general fan douche at 85°, daily reduced until 70° are reached. The steam Scotch douche is more effective. Occasionally the local application of ice bags to the sciatic or other accessible nerve is required.

Mr. R.—, referred to me in 1885 by Dr. Hapl, of Buffalo, had been under treatment for several months. His sciatic nerve had been stretched by Dr. Roswell Park; he had been pronounced incurable by eminent counsel in Philadelphia. This case demonstrated the value of the course of hydrotherapy outlined above, the patient being restored to perfect health and so accustomed to cold water that he has taken a daily plunge at all seasons with marked benefit to his general health.

A number of trifacial and brachial neuralgias and sciatica have been carried to a satisfactory issue after failure of prolonged medication, some after an unsuccessful rest cure, in the hands of the author and of colleagues of the highest attainments. Many failures have also been recorded by the writer, whose misfortune it has been to have mostly desperate cases referred to him for hydrotherapy.

I have found sciatica the most amenable, and brachial and trigeminal neuralgia the most rebellious to hydrotherapy.

In the earlier stages the dry pack and hot fomentation, described on page 418, afford the most marvellous results, if followed by gradually reduced douches (95°-75°) or affusions of the same temperatures. In the more chronic cases of sciatica and other neuralgias, the same treatment is useful, but a difference in the after-treatment is required. One or more hours' rest in the dry pack, while actively perspiring, not only gives rest to the diseased parts, but stimulates tissue change and consequent elimination of toxic products. Such treatment may be given at the patient's home with great advantage. It has succeeded in my hands after the salicylates, quinine, salol, the Piquelin castory, and electricity have failed. My own observation is confirmed by many contributions to the subject.

Professor Winternitz reports: \* "In the institution at Kaltenleutgeben, five hundred and eighty-five cases of neuralgia have been received during the past twenty-five years. Among these many were symptomatic of other general diseases. The lancinating pains of tabes, the gastric pains of dyspeptics, and cases of toxic neuritis are not included. Only those cases are included in which the characteristic pains, involving only certain *nervi* trunks, formed the entire disease picture.

\* Among the cases here considered we find hemicrania; frontal,

\* *Blätter für klinische Hydrotherapie*, January, 1893.

supraorbital, infraorbital, maxillary, oculo-temporal, and occipital neuralgias; also neuralgic affections of the trunk and extremities in the course of most of the sensory nerves.

"Most numerous were cases of intercostal, cervical, brachial neuralgia, and especially sciatica; also many cases of testicular neuralgia and coccydynia.

"The result of the treatment of these five hundred and eighty-five cases, mainly by means of physical procedures, thermal, mechanical, and electrical, show fifty-two per cent of recoveries. Only five per cent were dismissed without being benefited; all the others were improved.

"These figures entitle hydrotherapy to great consideration as an antineuralgic application. They do not cover my entire experience with neuralgia. At least as many cases were treated among my private clientele and at the polyclinic.

"More or less energetic hydropathic procedures have effected cure in the most obstinate and inveterate cases.

"I have seen a case of postopalgia, which had lasted several months, disappear after a single rain bath at 8° R. (50° F.), and not recur for three months, the length of time the patient remained under observation; we cannot often expect so fortunate a result. However, it is not rare to see the pain in old and obstinate neuralgias stop for a greater or less interval or become much milder after the first hydropathic procedures. The Scotch douche is especially recommended in this connection, being not only of curative, but also of decided prognostic value, when it relieves the pain early."

Winternitz was the first to demonstrate the value of alternations of heat and cold in neuralgia. He claims that "heat renders the nerves more receptive for the changing innervation and revulsion which the succeeding lower temperature produces.

"We may, with advantage, precede our applications of cold by direct heating or warm compresses.

"To summarize, the treatment employed was as follows: Great temperature contrast, intense, but of short duration; mechanical influences, as thermal, massage, sweating, resisting movements, energetic active exercise when possible, passive motion when necessary, friction, mechanical manipulation, electricity, warm drinks, and in some cases internal medication. The intense nervous influence, the revulsion and nerve excitation, the powerful primary and reflex action upon the circulation, the production of active fluxion to the various organs, their influence upon secretion and excretion, seem to be the factors which have cured fifty-two per cent of my cases and produced marked improvement in so many of the others."

*Sciatica*.—Dr. Otto Pospischi furnishes\* a report of one hundred and thirty-five more or less desperate cases of sciatica treated at Kallentuschgen during twenty-five years, of which only six per cent left without being cured, fifty-seven per cent were completely restored to health, and thirty-seven per cent were decidedly improved. He cites a very interesting case which was much benefited by this treatment, and which is here reproduced in abstract as an illustration of correct hydrotherapy in a desperate case and as a guide to its management.

A—, aged 44 years, acquired a most severe and painful sciatica in the left leg by sitting on cold wet stones. The spine had become bent to the right and



FIG. 73.—Sciatica.

forward, and could be straightened only with great difficulty and pain. He was treated successfully by various physicians without obtaining relief. He then

\* *Blätter für Klinische Hydrotherapie*, 1891.

† In a review of the first edition, the result in this case was sceptically criticised. A recent case in the Hydrotherapeutic Institute of Columbia University (Vanderbilt Clinic) presented almost the same picture, which indeed is an exaggeration of the total position assumed by the patient in severe sciatica. The result of treatment was the same as in this case. The first Scotch steam douche enabled the patient to walk almost erect to his dressing-cabinet. He continued to improve until he was discharged cured in four weeks, after six months' little effort under other treatment. Several other less severe cases have recovered, after failure of other measures, and are recorded by Drs. Clegghorn and Whitten, under direction of Dr. Sturdy, Chief of the Clinic.



applied for hydropathic treatment. The accompanying picture (4) shows the patient at rest one week after beginning treatment. It was impossible to photograph him at first, because the pain was so intense that he could not stand. He was compelled to take morphine every night for four weeks; during which time he had thirty baths, one-quarter to one-half hour in duration, at 104° F., and 8 gm. salicylic acid daily without much effect. The sciatic nerve was now stretched under chloroform without permanent result. His reactive capacity being feeble, treatment was begun with ablutions at 63.5° F., reduced gradually to 57°, in order to prepare the skin for the *pilae de rosaceis* of sciatia therapy—the Scotch douche. But his reaction remained poor, until much colder water was applied with considerable friction of unaffected parts of the body. These cold wet rubbings produced a refreshing and alleviating effect, which gradually aided the task of weaning him from morphine. Now the Scotch douche was applied. After a general rain bath of ten seconds, with water at 96° F., to prepare the skin for thorough warming up by steam, the latter was applied at about 120° over the entire body, but especially the affected part. This was followed by a fan-douche of 45° for three to four seconds over the entire body, especially the affected parts. These hot and cold applications, changed three to five times, effected an intense cutaneous hyperæmia. Now the patient was exposed to a rain bath of 45° for three seconds, rapidly dried, and taken out into the bright sun. This thermal massage was used three times a week, and on alternate days he was subjected to a cold fan douche for fifteen seconds, which produced almost the same reactive effects as the douches.

An intestinal irrigation of one-half litre of water slightly impregnated with salt at 77° F. was daily applied for six weeks, even when the bowels acted regularly, to insure against scybala.

An important part of the treatment was the trunk compress (Neptune girdle) and a wet compress, well covered with dry flannel over the affected extremity. After the first week the patient was so much better that he could take half-baths at 77°–80° for three or four minutes, which calmed and gave him sleep. Two weeks later he received a general wet pack of three-fourths hour's duration prior to this half-bath.

The second figure (5) shows the result of eight weeks' treatment. The sciatica was cured and the deformity corrected, patient looked robust, and a previously existing tuberculous consolidation of the apex of the right lung had disappeared.

Patient continued treatment for two and one-half months, showing a result from judicious hydrotherapy which could not be obtained by any other treatment.

Baxbaum\* reports from the University Poliklinik, at Vienna, four unsuccessful cases, one of which was the following:

Ischias sciatica in a man 38 years of age; suffered eight months; his body was drawn to the right and forward; he could not move without excruciating pain; had received routine medication. Patient received a short general cold rain bath (temperature not given), followed by directing steam at 127° upon the affected part for one minute. This was succeeded by a cold fan douche upon the extremities. The steam douche and cold fan douche were thus alternated for five or six minutes; treatment being concluded by a short cold rain bath. No result after several weeks treatment.

\* *Mittheil. für klinische Hydrotherapie*, April, 1894.

He also reports the following successful cases, which are here given in brief outline:

CASE II., 37 years old, has been suffering from sciatica for three years, having been treated by all kinds of balneums, massage, electricity, sulphur, etc. He received daily the Scotch douche, alternating steam and cold water, which gave him some relief at once. In fourteen days he was discharged cured, and was well two months later.

CASE III., 34 years old, sciatica six months; constantly under treatment, which included Turkish baths, every other day for three months. After Scotch douche daily for eight days he was entirely cured.

CASE IV., 39 years old, locomotive engineer; ill six years, using hypodermics of morphine and all other routine treatment. He could attend the clinic only every third day, when he received the Scotch douche. A cold compress over the affected limb, to be worn over night and followed in the morning by a cold ablation, was ordered. He was entirely restored in three weeks.

Buxbaum claims, and I can confirm the validity of this claim, that recent sciaticas may often be removed by one or more Scotch douches; and that hydrotherapy belongs to the most precious antineuralgic remedies.

Boeschepolowsky\* reports thirty-two cases of sciatica treated by Scotch douches, of which twenty-three were cured and seven improved. He regards this effect as due to the furtherance of the nutritive and tissue-change conditions in the diseased nerves, produced by the thermal and mechanical action of the douche.

Dr. Julius Fodor mentions, in his report for 1893 of the Hydrotherapeutic Pavilion of the Vienna University Poliklinik, thirty cases of sciatica, of which twenty-four were cured and six improved.

In the hydrotherapeutic department of the Charité Hospital, the author has observed a unique method of treating sciatica that deserves to be imitated, inasmuch as the claims for its excellent results arise from the reliable observations of Brieger, Krebs, Laqueur,† who treat large numbers.

The patient is immersed in water of 100° to 104°, contained in a very large tub. He is made to move the affected limb slowly, as far as endurance would admit, and in every direction which produces pain. This is done daily for half an hour or longer; active and passive movements are also made by an assistant, usually a physician, who after the bath administers gentle massage around the sciatic nerve region. Brieger‡ also commends the steam douche, alternated with cold douches (40° to 60° F.), the former one to three minutes, the latter ten

\* Wronski, 1886, No. 37.

† Zeitschrift für physikalische und diätetische Therapie, von Leyden, Goldscheider und Jurek, 1902, p. 48.

‡ Deutsche med. Wochenschr., March 31st, 1903.



to fifteen seconds. The treatment lasts from several weeks to three months. Improvement usually ensues early, even in cases previously treated without success by other measures. Of twenty-four cases of neuralgia, only one failed (a tuberculous case).

Later statistics of Brieger's method are furnished by Sommer.\* Although this method does not always succeed, it is credited with 80-90 per cent recoveries. Sommer very properly advises judicious individualization. Although the systematic passive movements within the warm bath are very useful, massage is deprecated in the early treatment of rheumatism. After improvement has been inaugurated Sommer advises douche treatment.

*Conclusion.*—The clinical observations of Winternitz, Baxianno, Brieger, and others are here reproduced in order to afford the reader an insight into the hydriatric methods of various practitioners of hydrotherapy. It is unfortunate that similar observations are not accessible in the records of our own hospitals and clinics. This arises from the circumstance that while some of our text-books refer to douches, packs, hot-air baths, in a cursory and indefinite manner, they do not offer the same detailed instructions for their application which they devote to the discussion of the salicylates, electricity, nerve stretching, blistering, firing, etc. The practitioner who has not had special training in hydrotherapy treats the latter with indifference, and allows his patients to wander into the hands of lay and medical quacks rather than apply a treatment which has been, as shown above, satisfactorily utilized.

The author has made, in the hydriatric treatment of sciatica, precisely the same observation as in other diseases. *Olus principis* should be the motto of the therapist always. This principle is more essential in hydrotherapy than in other branches of therapeutics. The most brilliant results from the water treatment are obtained in recent cases of sciatica, which are usually so rebellious to medication. Very few of these fail to respond to the daily application of the dry pack with hot fomentations to the affected part, and subsequent ablations or circular and fan douche at 50°-60°. In sciatica of long standing, the beneficent effect of this treatment may be disputed, the effect being charged to the time element, many cases recovering sooner or later without treatment. But even in these cases the rapid improvement following upon judiciously adopted hydrotherapy in many desperate cases is so striking that some hydrotherapists regard it as a rule that, if improvement does not ensue quickly after beginning the treatment, it should be changed or abandoned altogether. In other forms of neuralgia the same results are obtainable by means of hydrotherapy in a lesser degree, but still to a far greater extent than by medication alone.

\* *Lancet*, 1906, No. 3.



## HYSTERIA.

Patients suffering from this hydra-headed malady have always been the bane of doctors. They are usually peripatetic individuals, who travel from one office to another to pour their lengthy stories of woe into the doctor's ear.

The aim of treatment is here, as it is in neurasthenia, to restore the lost "mental equilibrium" by improving, through more favorable environment, diet, rest or exercise, and hydrotherapy, the nutrition.

What has been said in the chapter on "Treatment of Neurasthenia" is also applicable here. Indeed, while these two functional maladies differ very materially in most respects, their treatment is closely allied.

The great neurologist Charcot was the most successful neuro-therapeutist of his day, because he not only commanded the highest attainable knowledge of nervous diseases, their diagnosis and pathology, but his large clinical material enabled him to test various methods of treatment, many of which have become permanent. Among them stand easily foremost the spinal douche and other hydrotherapeutic measures, which he practiced with marvellous success. Charcot says: "Hydrotherapeutic health institutes in Paris have treated such patients with complete success for the last fifteen years, because they possess admirable arrangements for this purpose."

Charcot's success appears to have given rise to the fallacious idea that, inasmuch as pouring cold water upon a girl writhing under a hysteric spasm or lying lifeless in a hysteric swoon, often restores her, this heroic method may be indiscriminately applied to all cases of hysteria in and out of the paroxysmal stages. Charcot's douches are often pictured as the playing of streams of cold water from a hose upon the twitching forms of these sufferers.

My own observation of the action of these spinal douches in hysteria leads to the conclusion that they are useful in many forms of hysteria to stimulate the nerve centres and to restore the disturbed equilibrium. The spinal douche is effective chiefly because it may be applied at very low temperature without depressing effect. This is due to the fact that only a small portion of the extensive surface is attacked, and, this being on the muscular and bony bark, the blood is not driven to the interior portions of the body thus treated. Moreover, whenever only a portion of the body is subjected to a cold procedure, the remainder is

\* "Clinical Lectures on Certain Nervous Diseases," translated by E. P. Hurst (G. S. Davis, 1888), p. 181.

left unembarrassed to aid in revoking reaction. In addition, the spine is capable of accepting douches of the strongest pressure.

I am not disposed to attribute any specific effect to spinal douches; there is no evidence to prove such an effect. The real benefit is derived from the building up of the lost nerve tone, the improvement of appetite, digestion, and assimilation; and especially from the enhancement of the resisting-power of the nerve centres by transmission of the tonic effects from the peripheral cutaneous nerves, which receive them from the impact of cold or cool water under strong pressure.

As has been shown in the hydropathic management of neurasthenia, we have here also, with regard to water treatment, two types of hysteria—the *excitable* and the *depressed*. In the excitable type low temperatures and active mechanical procedures should be avoided. The wet pack, so ably discussed by Dr. Mary Putnam Jacobi, is the most useful procedure. The patient should be daily enveloped in a wet pack, the sheet wrung out of water not below 60° nor above 70°, and lie in it with open windows for an hour or more, doubling the sheet if the procedure is to be prolonged. This should be followed by a half-bath for ten minutes at 80°, or the circular douche for fifteen seconds at 85°, under twenty pounds' pressure. Once or twice a week the wet pack may be followed by a circular douche for ten seconds at lower temperature and higher pressure—say, 90°, reduced quickly to 75°, under twenty pounds' pressure; and the fan douche, five seconds at 85° F., and not lower than 65° F., same pressure.

The wet pack must be followed by an affusion from half a bucket of water at 85°–60°, the patient sitting in an empty tub, the attendant standing upon a chair.

The depressed type is benefited by daily cold (80°, daily reduced two degrees) affusions at home, while standing above the ankles in warm water. The hot-air bath, to bring the cutaneous vessels into activity and fill them with blood, is an excellent preliminary measure in institutions, where it may be followed by the circular douche under twenty-five pounds' pressure for thirty seconds at 85°, reduced gradually to 70° during the first few applications, and later to 60°. This may be followed by the spray douche for five seconds at 65° F., and later by the jet douche for three seconds at 65° to 55° F. If the lowest (50°) is well borne, the pressure may be increased two pounds every day until thirty pounds are reached. The strong jet douche over the back alone is perhaps the most valuable single measure in this type, provided it is daily lowered in temperature and increased in pressure.

In domestic practice a dry pack for an hour, preceded by friction to dilate the cutaneous vessels, and continued until patient feels quite



warm, followed by a rapid effusion as above described but of much lower temperature, may be substituted advantageously for the hot-air bath and douche.

Home treatment should always be administered before sending the invalid away. These patients should not be hastily dealt with; gentleness, combined with firmness, will bring success in this, as it does in all hydropathic practice, especially if the physician is broad-minded and does not trust to this or any one remedial measure. In this, as in many other diseases, the addition of hydrotherapy will often produce surprising results. Clinical illustration of this fact abounds. The following are cited from hospital practice, because the records are more reliable.

The annual reports of the house physicians of the Montefiore Home usually contain brief outline histories of cases of hysteria which had been treated in vain for years, and, being regarded as incurable, were on that account admitted to the home and were here treated with hydrotherapy. A case of this type is referred to by Dr. Ettinger (Report for 1890) as follows:

"A young girl came to us with a complete palsy of the left arm and blindness of the left eye, of functional origin. For two years she sought relief everywhere without avail. She was then referred to us as a hopeless case; but it has been our good fortune completely to restore the power to her arm and vision to her eye, and to remove her morose disposition of spirits. She is now supporting herself as a domestic."

"This is the type of a number of similar but less severe cases in which we have been equally fortunate. In all cases hydrotherapy has been the important therapeutic agent. In one case of severe hysterio-epilepsy in a man, it has been the one agent to which improvement is due."

"J. S.—, aged 58 years; Dutch; negative family history; gives history of convulsive seizures of twenty-five years' duration, often from ten to fifteen times a day. After admission he had from one to three seizures daily. Diagnosis, hysterio-epilepsy. Treatment, Charcot douche daily to spinal column, resulted in gradual diminution of convulsive attacks to complete cessation at the end of three months. After complete freedom for another three months he was discharged."

Dr. Rosenthal relates (1891): "The use of water as a therapeutic agent in Bright's, rheumatism, and various diseases of the nervous system has maintained its past record."

"T. R.—, cataleptic hysteria, has been discharged as cured and has been engaged for months in the service of a prominent house of this city, without any recurrence of her disease."

"T. H.—, representing another and severe type of hysteria, with partial palsy of right arm and complete of the fingers, with severe contracture of the



fingers, with signs of organic changes in the fingers and wrist, is now gradually recovering from these conditions. For four years she had been treated by some of the most eminent men outside of our institution with no apparent result."

**Dr. C. Bloch reports (1892):**

"L. H.—, subject to epileptoid convulsions and choreic attacks, at times combined with hallucinations, aphasia, and complete paralysis. There were 'hysterogenic zones,' the touch of which would call forth one of those spells. For three years she had been treated by many prominent specialists and been in various hospitals, with partly no, partly passing, improvement. On her arrival she had the described attacks as frequently as six to ten times a day. After five months' treatment in the House she gradually lost all symptoms and will soon be discharged cured."

Drs. Bloch and Frankel (1893) relate: "Of the several cases of grave hysteria, we mention but one combined with Ménière's disease, who for seven years had been an inmate of a hospital. The patient was confined to bed and suffered terrible agonies for years. He now walks about and will soon be entirely cured."

The report of the same institution for 1894, made by Drs. Bloch and Frankel, contains the following brief histories:

"B. M.—, 22 years old, servant girl, after a fall from a step-ladder, contracted the following series of symptoms: Her right arm and the muscles of back and neck and tongue and jaws were paralyzed and in the state of rigor; on trying to walk she would frequently tumble over and fall; sensibility all over the body nearly lost. She is now well and will shortly be discharged. Previous to admission to our institution, she had for two years been treated by many physicians."

"L. R.—, 55 years old, admitted October, 1893, stricken with paralysis of all four extremities, has now fully recovered his health and will shortly be discharged."

The following brief outline of a case, which is admirably detailed in all its scientific aspects by Dr. Bourneville in *Progrès Médical* for August 26, 1882, may also serve as a clear illustration of the capabilities of hydrotherapy in the most severe types of hysteria:

"The father and grandfather of the patient were nervous and had migraine; the mother had convulsions and toricollis in infancy; one maternal aunt is an idiot; brothers and sisters died of convulsions; the patient had convulsions for nine months. An attack of hysterio-epilepsy, which is admirably portrayed, occurred in February, 1890; then sensorial hemianesthesia, hysterogenic zones, and aura. The convulsive attacks and contortions, occurring with great regularity, are fully described; they were followed by laughing and delirium. The treatment had consisted of tonics, trousseau of camphor, baths, and gymnastic exercise. Cold douches, rain and jet, were now administered from thirty to forty seconds, from April 24th to May 2d; a vigorous hydrotherapy was next pursued, once a day until the end of the year. In August the attacks became more rare and brief, and ceased entirely on December 12th. During the first three months of 1892 the child showed great fragility, and was subject to neu-

your laughter. The attacks were resumed. On August 24th, 1892, the child's condition was good, and there have been no new attacks." (Cited by Duval.)

The following brief history from my private case records may be of interest as a guide to hydropathic treatment:

A. F.—, aged 15 years, was brought to the Hydropathic Institute July 19th, 1892, by his father, who said that on the 31st of March, 1892, on the day of his daughter's burial, the boy "fainted." Ten days later he fainted in school, and again two days later. The family physician investigated the case at school, concluding that it was a form of epilepsy. The boy was kept from school and put on potassium bromide. The attacks becoming more frequent, a prominent neurologist was called in consultation; the same treatment was continued. He continued to have attacks every day and very often twice a day, lasting from five to ten minutes. At first he lay unconscious, without any movement whatever; then the attacks became violent, frequently requiring several men to hold him down and prevent him from doing himself bodily harm. The former consultant was again called in and made an unfavorable prognosis. Several neighboring physicians who had been called during the attacks gave him hypodermics of morphine. Patient also has received electrical treatment from his own physician.

*Status Present.*—Face pale, covered with acne, eyes restless, hand tremulous, gait unsteady, appetite fair but capricious, gastric oppression after meals, bowels constipated. Patient appeared to be feminized.

*Treatment.*—Resorts, three goss in half a pint of hot water, an hour before lunch and dinner. He was ordered to be at once well scrubbed with soap and water. This was followed by a wet pack, sheet wrung out of water at 70°, reduced daily two degrees; this to be followed by a ruba douche at 90°, twenty-five pounds pressure, gradually reduced during thirty seconds to 75°.

August 26th: This treatment had been used daily, the temperature of the douche being reduced two degrees every day. He had a slight attack five days after treatment was begun; none since. He was ordered to Long Branch to take salt baths.

September 29th. Patient has called on me several times, reporting steady improvement. He was discharged cured. The patient has remained well.

*Remark.*—Hydrotherapy is regarded by the author as an essential element in the management of hysteria; not, however, by reason of any specific effect of cold spinal douches, but solely on account of its effect upon the general nutrition, and consequently upon the nutrition of the nervous system. With this aim constantly in view, the physician will accomplish far more if he includes some form of water treatment with isolation, rest cure, medicinal, or other agents which he may be applying. These are often sufficient to restore the patient to health, but the path to recovery will surely be shortened and rendered more agreeable and satisfactory to physician and patient alike by the judicious addition of water in some procedure best adapted to the case. Permanency of restoration is insured by hydrotherapy, inasmuch as the patient is thus trained to bear and like some form of home treatment, as daily cold affusions or plunges, which maintain a good general and nerve nutrition.



*Functional and Other Nervoses.*—The author has obtained striking results from hydrotherapy in many nervoses, especially in *Graves' disease*, *chorea*, *obstinate headache*, *paresthesias of various types*, the *traumatic and occupation nervoses*.

The management of cases of epilepsy has been greatly improved in the author's hands by the addition of tonic hydrotherapy to the bromides and dietetic measures. The plan mapped out on page 462 in the management of neurasthenia may be followed in these cases, when they are physically depreciated; in the plethoric and obese the perspiration hot-air bath may be applied with advantage, also enteroclysis, to free the intestinal canal of ptomaines, scybala, etc. The following extract from Dr. Foster's report for 1898 of the government hospital for the insane fully bears out the author's personal observation, that bromide age and asthenia are decidedly improved or avoided in patients subjected to methodical hydrotherapy, drip sheet, wet packs and douches, as indicated in each case.

Dr. Foster writes (page 71): "The average gain in which the record is accurate is 39.8 per cent.

"It is gratifying, upon looking up, so far as time would admit, what has been written upon the hydrotherapeutic treatment of epilepsy, to find such close corroboration of results which have been obtained here."

Fleury, in his classic work, "*Traité thérapeutique et critique d'hydrothérapie*," Paris, 1875, states the results of a considerable experience as follows:

"Of all methods of treatment for epilepsy now known, hydrotherapy offers the most numerous and surest chances for success."

The statement of all the authors consulted agrees with these conclusions of Fleury.

Weiss, Duval and Delmas report cures. Becquerel, Frank, Rosenthal, Marec, Nothnagel, and Botey, all commend the treatment in terms similar to those quoted above.

P. Bricot, in his doctor's thesis upon the treatment of epilepsy, gives the details of a systematic employment of this treatment at the Bicêtre, 1876-81, in the service of M. Bournoville. An examination of the cases shows that the treatment was usually continued for about two months without cessation; sometimes it was repeated; and in one case extended over five months.

Of 46 cases detailed, 34 showed improvement. In 17 of the latter there was no other treatment; and in 10 of these the improvement was very marked.

In a more recent article\* Bournoville reports as the result of twenty

\* *Le Progrès Médical*, No. 8, 1902.



years' observation that baths and douches combined with gymnastic exercises and manual labor are the most powerful remedies for the various forms of epilepsy and its complications. Bournerville justly claims that under simultaneous applications of purgatives and hydrotherapy the bromide salts and campher bromides, which he regards as the most effective agents, may be used in full doses without detrimental effects. Cutaneous activity is so well provided for that he has never observed a case of brominism under this management.

The author's observation is thus confirmed by reliable clinicians. While he has not always succeeded in preventing acne, he has felt greater confidence in administering large doses of the combined bromides, from which he has not observed depressing constitutional effects since he counteracted the latter by judicious hydrotherapy, adapted to each individual case.

Our experience would seem to indicate that, in long-standing cases, improvement is less marked in the first two or three months than it is later. After a certain gain is made improvement becomes more rapid. It therefore seems quite probable that the average treatment at the Bicêtre was too short for the best results.

Another important advantage from the use of hydrotherapy in epilepsy is mentioned by both Fleury and Botley, namely, in admitting of the use of bromides in large doses, with an important lessening of its ill effects, physical and mental. This is accomplished in two ways: By facilitating and regulating the absorption of the drug it permits us to obtain the same effects from somewhat smaller doses; on the other hand, by its stimulating and tonic effects upon the organism, as well as by its favorable action upon the elimination of the bromide salt, it indisputably increases tolerance of the drug, and combats its ill effects.

The hygienic management of these affections depends upon their etiology, the condition and environment of the patient, and the duration of the disease. In the discussion of hydrotherapy of neurasthenia and hysteria, these points have been sufficiently elaborated to warrant avoidance of repetition, inasmuch as all neuroses may be treated on the lines laid down for these diseases. The following history is selected from a large number:

*Case Angina.*—Mr. D—, merchant, aged 40 years, weight one hundred and thirty pounds, of robust appearance, has suffered for several months from agonizing pains in the precordial region whenever he attempted to walk briskly, especially after meals. He was completely disabled from business. His family physician regarded the case as one of angina pectoris, and this diagnosis was confirmed by an eminent consultant. He was advised to use amyl nitrite pearls for the attacks and give up business. In consequence of this decision he became melancholic and when he applied for treatment he was the picture of woe. He gave a gory history, urine normal but loaded with wastes; digestion impaired;

pulse of high tension. He was restricted to a non-meat diet, put upon a glassin and strychnine. A wet pack, water at 60°, was ordered daily for one hour, followed by rapid ablutions with water at 50°; a wet compress to be worn all day, wrung out of water at 60°. No preparatory treatment to ascertain his reactive capacity was needed, because he was a robust man of splendid physique. The aim of treatment was the calmness of tissue change, a calming effect with stimulating sequel. This was happily accomplished, because the patient was careful, and frightened. He did not neglect treatment. He almost invariably slept in the pack. In three months the frequency and intensity of the attacks had so far diminished that I permitted him to take a journey of some weeks. On his return dyspeptic symptoms were more pronounced. He was put upon chopped beef, preceded by a pint of hot water for breakfast and dinner, oysters and hot milk for luncheon. Compresses were discontinued; wet packs resumed daily at 70° F. Four months later he was entirely free from pain, had lost some flesh but was able to bear the worries of business. Although five years have elapsed, he remains in good health.

The same result has been achieved in other less intense cases by more mild hydropathic procedures, ablutions, and douches. Failures are, however, not rare. In a case referred to me by Prof. William Osler, of Baltimore, the most assiduous hydrotherapy for a period of four months failed to make any impression.

## CHAPTER XXVI.

### CHRONIC RHEUMATISM AND GOUT.

The prognosis in these diseases is unfavorable, chiefly because the diagnosis is not always exact, and the treatment consists mainly of medicinal agents. Large clinical material has convinced the author that cases of pure chronic articular and muscular rheumatism offer a prolific field for physical remedies. Skillful massage and resisting movements, combined with judicious hydrotherapy, are capable of accomplishing, as Professor Semmola\* has truly said, "miracles of restoration in the most desperate cases."

Winteritz has observed that faradization of painful rheumatic joints produces an anesthesia furthering hydropathic and massage treatment, which is otherwise precluded by the pain.

The cases of chronic rheumatism which have come under my own care may be divided for therapeutic purposes into the well-nourished and the anæmic.

*In the well-nourished rheumatic subject*, full baths of eight to fifteen minutes' duration, in water at 95°, rapidly raised to a higher temperature up to tolerance, usually 106° to 110°, with gentle massage, are the most useful procedure, combined with the internal use of very cold water to stimulate excretion by the kidneys. As is customary in the excellent baths at Mount Clemens, the hot springs of Virginia and Arkansas, Pass Roides, California, where I introduced it in 1905, in Baden bei Wien, Gastein, Aachen, and other more or less renowned thermal resorts, the patient should receive a prolonged warm bath, with massage during the bath; perspiration should be promoted by a prolonged dry pack in woollen blankets. The elimination of elements of imperfect metabolism is the chief aim of this treatment. The marvellous results from basking in the hot mineral springs are not attributable, in the writer's opinion, to absorption of the mineral ingredients of the waters, but to the judicious methods of their application by experienced physicians, together with the freedom from business or other cares and the influence of a changed mode of life.

Many will be inclined to be sceptical upon this point, so firmly rooted is the idea in the minds of medical men that these baths produce their effect largely by absorption of their chemical constituents. Fortunately we have sufficiently positive experiments to decide this ques-

\*Lectures on Therapeutics at Naples University.



tion and to remove any doubt that may exist. Among many of these observations are those of Stas,\* who subjected himself on three successive days to baths of 86° to 90°, containing fifty milligrams of arsenate of sodium to the litre. Although he remained in this bath for prolonged periods, not the slightest absorption was noted. The same result was obtained from baths of iodide of potassium and other salts, which could be readily recognized in the urine if they had been absorbed. I do not claim that this negative result militates against the general impression that such mineral baths are exceedingly useful and effective therapeutically. On the contrary, we have here suggestive climatic and hygienic elements, besides the local and general temperature effects. Just as the imbibition of mineral water, strongly impregnated with purgative or other salts, effects immediate evidence of their imbibition, there is in the temperature effect of baths similar evidence of action. The heat or cold conveyed by the peripheral cutaneous nerves to the central nervous system, and thence reflected through the motor tracts, is the really effective element in the mineral baths. The latter are aided by only such ingredients as stimulate the cutaneous nerves, e.g., strong saline or CO<sub>2</sub> constituents. Other mineral ingredients are indifferent in their effect upon the skin, and, as has been shown, utterly incapable of entering the system by cutaneous imbibition. These are facts substantiated by exact experimentation—facts which must unsettle long-cherished ideas and arouse a healthy scepticism in the minds of medical men, and induce them to trust more frequently to the thermic and mechanical effect of pure water, i.e., hydrotherapy.

If physicians would more carefully study the practice of the excellent medical men who devote their lives to the study and application of mineral waters in disease, they would become familiar with facts and methods which would enable them to imitate the effect of these waters at home, in such individuals as are unable or unwilling to be removed to the hot mineral springs, which must always remain the most valuable remedial agents in *chronic rheumatism and gout*.

Prolonged hot baths, therefore, followed by sweating in blankets, are useful for robust-looking rheumatic and gouty people. These may be repeated daily, as the physician's judgment may decide. During the interval between the baths, wet compresses at 65°, covered with flannel or wadding, left on until nearly dry, may be profitably wrapped around the tender or swollen joints. These may be worn during the night also.

After the exsiccated condition has subsided, the hot-air bath, in which the patient is allowed to perspire for five to fifteen minutes, followed by the circular douche at 100°, reduced gradually to 90°, during

\* La Presse Médicale Belge, 1886, No. 13.

one or two minutes, with a pressure of twenty-five pounds, followed by a strong Scotch douche to the joints for fifteen seconds, is a useful procedure. The elimination of retained products of tissue change is greatly enhanced by this procedure, if it is resorted to daily or at least triweekly.

*The Scotch douche* is a procedure which also aids the absorption of local deposits.

Without detailing the histories of his own cases, the author will follow the plan of adding the testimony of other reliable observers who are not hydrotherapists.

Prof. Max Schüller\* presented to the XXI. Surgical Congress his views on this subject. He acknowledges the value of diet and climate, but claims to have obtained no result from potassium iodide and mercury, etc. Massage of the muscles (not the joints), combined with baths, is his chief reliance. His best results have been obtained from sweating in woollen blankets, followed by cold wet rubbing. Most of these patients go year after year from one hot spring to another. *He has had better results from the use of the Scotch douche than from the other forms of hydrotherapeutic applications in this difficult class of cases.*

"The Scotch douche consists of the quick alternation of streams of hot and cold water, in a stream of about the size of the little finger and of a constantly varying pressure, delivered from the same nozzle. This douche is not so well known, says Dr. Schüller, as it should be, and was not found in a number of bathing-resorts visited by him. Its good effects are shown by a resorption of the thickened joint capsule and by a strengthening of the muscular apparatus. The douche should always be used after warm baths, which are often administered at too high a temperature at the bath establishments.

"The Scotch douche has other advantages in the facts that it can be regulated very easily as to temperature, that it can be borne by weak patients, and, above all, that it conveys a distinct mechanical effect, along with its thermal effect, upon the vessels and muscles. This treatment is ordinarily soon followed by a diminution of pain and an increased motility of the joint. Many cases can be kept for years in an endurable condition by this means, which would otherwise be attended by great suffering. In cases that are marked by a relative immobility due to a shrinking and contraction of the capsule, but not due to true ankylosis, the Scotch douche, with an especially delicate massage and passive motion, will assist materially in the increase of mobility. Schüller has practically observed this among those of his patients who had been affected in the wrist and ankle joints. The great susceptibility to pain which attends these cases will not admit of

\* Langenbeck's Archiv, Bd. xlv., 41.



the most delicately applied massage, if the latter is tried without the douche; but with the combination these patients feel better, walk or move their limbs with less difficulty, and experience much less pain, so long as the treatment is continued." (See Steam Scotch Douche.)

2. In the *ill-suffering sufferer from chronic rheumatism*, the hot-bath treatment must be used with great caution. The relaxation incident to these baths and the subsequent sweating procedures are useful, if they be not repeated too often. Twice a week is the maximum number. The debilitating effect may, however, be counteracted by other hygienic procedures. A daily ablution with water gradually reduced one or two degrees for each occasion, and followed by the procedures as indicated under the caption of anemia, not only counteracts these effects, but tends to raise the vascular tone and with it increase elimination. The lowest possible temperatures and brief duration consistent with good reaction are the acme of treatment for this type of rheumatism.

The Scotch douche to the joints and subsequent wrapping in wet compresses are useful auxiliaries. An excellent mode of managing these depreciated individuals is the dry pack (described on page 413), after which the whole body is rapidly dried and treated to friction, the joints are wrapped in damp compresses at 60°, and the undeclothing is resumed. By this method many patients suffering from subacute or chronic rheumatism may be rendered capable of locomotion, their nutrition improved, and gradually restored to health. If this treatment be not sufficient, the hot-air bath may be resorted to twice or thrice a week, followed by rapidly reduced rain baths and douches, as detailed above. On alternate days the hot-air bath short of perspiration and followed by a one-minute circular douche of 90°-85° and a fan douche for fifteen seconds under pressure of twenty pounds daily increased one pound, and of a temperature reduced daily until 50° is reached without distress, and succeeded by a fifteen-second Scotch douche to the swollen or painful parts, offer a most efficient tonic and alterative measure.

This gradual accustoming of the usually timid patient to lower temperatures and higher pressure educates the reactive capacity, refreshes and revigorates him, improves oxygenation, and sends the blood in joyous currents through his sluggish circulatory apparatus. Local congestions are removed, the circulation of the joints is improved, stiffness is diminished; not infrequently not only is the patient restored, but recurrences which have embittered his life are prevented by his accustoming himself to cold ablutions or plunges on rising every morning.

In very rebellious cases of chronic rheumatism and gout, the douche-massage, as practised at the Arkansas and Virginia Hot Springs in



this country, and at Aix-les-Bains and Aix-la-Chapelle, is very useful (Fig. 74).

The mineral ingredients of the water are of little consequence, as has been shown above. The temperature and pressure under which it is delivered, and the skilful manner in which the douche is combined with massage, however, render this treatment extremely effective. Each joint may be separately treated by douche-massage. In these thermal resorts the patient is advised to lie in warm blankets, being carried in a Sedan chair at Aix-les-Bains, or upon an elevator, as in the new



FIG. 74.—The "Aix" Douche-Massage (after GILG).

Kaiserbad at Aix-la-Chapelle, to his rooms, or, as is better done at the Virginia Hot Springs, placed on a cot adjoining the douche room, upon which he remains until perspiring abundantly.

This bath may be imitated in any institution where an apparatus for douches exists with facilities for regulating temperature and pressure, but it is impossible to imitate the environment.

The treatment of chronic rheumatism, which is now left too often in the hands of lay and medical empirics, may become satisfactory to physician and patient alike, if judicious hydrotherapy be made the chief factor, applied in accordance with the demands of each individual case, and as carefully watched as in a case of puerperia or other acute dis-

case. Skilful treatment, be it medicinal, dietetic, climatic, hydrotherapeutic, or otherwise, may be charged with many failures in these as in other chronic diseases. The assiduous study of the peculiarities of each case, on the other hand, and the adaptation of the temperature and duration of each hot bath, will enable the family physician to retain these cases under his own care and thus prevent the necessity of their leaving home and family.

This individualization is of prime importance; its disregard has led to disappointment and sorrow more frequently than has regard for it been crowned with success. As a result of a quarter of a century's observation in private and hospital work the author has been led to divide his cases of "chronic rheumatism" (so called) into certain groups for therapeutic purposes.

1st. Affections of the larger joints, occurring in persons who have passed through one or more attacks of acute articular rheumatism; more frequent in men than in women.

2d. A slowly developing type, in which one or more joints, usually the knee, ankle, shoulder, or elbow, are gradually invaded. To this type may be added gonorrhoical rheumatism.

The management of these types may conveniently be grouped together. Hot-air baths and Turkish baths are contraindicated. Demanding considerable exertion, they materially increase local inflammatory action, which is enhanced also by the irritating effect of great heat upon the affected joints and by their depressing action upon the heart. Especially the Turkish bath in which the patient is forced to breathe very hot air in ill-ventilated rooms has proved disastrous and discouraging in these types. Procedures, on the contrary, which induce heat stasis are of the utmost advantage. In a comfortably warm room a bathtub is filled two-thirds with water at 90°. The patient, having had his face bathed with ice water and his head wrapped in a cold wet compress, is carefully placed in the tub. Water from the hot faucet is added until the temperature reaches 105° on the first day, and this is daily increased one degree until 108° or 110° F. is reached. The duration should be five minutes, or less if patient is distressed, but should be increased daily one minute until ten is reached without distress. During this entire period the affected joints or, if very painful, their neighboring structures should receive stroking finger massage. When removed from the bath, patient should be wrapped in a *previously prepared* hot linen sheet, and, without being dried, placed upon three woollen blankets. The latter should be wrapped, with careful avoidance of pain, around the patient, in order to continue heat retention, for an hour, or less if patient be actually distressed. During this week the face is bathed in ice water, the cold

turban removed, and two ounces of ice water are administered every ten minutes; a window is opened sufficiently to ventilate the room thoroughly but not to reduce its temperature materially. In intractable cases the author has prolonged this pack two to six hours, renewing bath and pack after rest and attention to the bladder and intestines. Prior to removal the window is closed and the room warmed. Now the blankets and sheet are unwrapped over the trunk. The latter is dried with warm cloths and receives rapid friction with diluted but not warmed alcohol. The lower parts are similarly treated. The patient is cautiously turned, and the posterior parts of the body are also dried and rubbed with alcohol, after which he is placed in bed. It is preferable to prepare this pack on one side of the bed (in home treatment) and thus avoid exertion by simply withdrawing the pack. If this technique has been scrupulously followed profuse diaphoresis will ensue in the pack. It has been found advantageous to omit the bath once or twice each week and subject the patient to a tonic procedure instead, viz., rapid ablutions of 60° or less, or, if pain is not materially increased by exertion, the hot-air bath (short of perspiration) followed by the circular douche at 95° for one minute and the fan douche at 85° F. daily reduced for half a minute. These tonic procedures need to be more frequent than the eliminative in cases of decided cachexia or great loss of weight. The latter is apt to result in these patients, in whom tissue change appears to be greatly enhanced by the above-detailed heat-retaining procedures. In this method the flexibility of hydrotherapy is evident, in that the physician is enabled to meet every indication of the case. During the interval between baths a wet compress, consisting of two folds of old linen, should be wrapped around the affected joints and covered snugly with one layer of flannel, secured by pins. This may be renewed every four hours.

3d Type.—This is true gout, of subacute character, sometimes but not often a sequel of acute gout. It begins with pain and stiffness of the smaller joints, phalangeal and tarsal, and not rarely extends to the wrists, elbows, and ankles. Almost invariably anæmia and general systemic debilitation are manifested. This type is frequently distinguished by neurotic complications.

4th Type.—This is the so-called muscular rheumatism, which most commonly begins in the loins, as lumbago, and affects later the erector spine and other dorsal muscles, and sometimes the group of muscles originating in the sacro-iliac region.

When thoroughly established these types occur so often in debilitated individuals that special care is required in their management. Being usually of subacute character, they bear the Turkish bath very



bodily; stiffness is sometimes relieved by the sweating and shampooing incident to the latter, but in the majority of cases the relief is transient and the system is greatly debilitated by them. It is unfortunate that these baths are so often prescribed by physicians who thus deliver their helpless patients into the hands of rough men and women who are accustomed to deal chiefly with bon-vivants, plethoric and otherwise healthy or robust persons, or the obese in search of reduction of the waist line—individuals who are capable of enduring their heroic manipulations. In cases of the third and fourth group it is advisable to proceed carefully, beginning with dry packs, as described, to accumulate heat on the skin, followed by rapid ablutions with water beginning at 90° F. and reducing daily two or more degrees until 60° is reached. In less depreciated cases the following formula: 1. Hot-air bath until perspiration is observed, followed by a circular douche at fifteen pounds' pressure and temperature of 100°, gradually reduced to 85° F. for one minute and followed by a fan douche at twenty pounds' pressure, slowly passed up and down over entire body, water at 90°, reduced to 85° F. for thirty seconds. The last temperature may be reduced one degree every day, until 60° F. is reached without impairment of reaction. The latter must always be guardedly secured. This treatment cannot be administered at the patients' home, because an easily regulated apparatus is required. With proper protection against cardiac enfeeblement the above full-bath treatment may be substituted, until the douche method can be procured in an institution.

Rheumatoid arthritis being an incurable disease, efforts to maintain the digestive and assimilative organs, relieve pain, procure sleep, and diminish stiffness are indicated. As in all chronic cases, change of environment, attention to diet and hygiene are important. The effect of these may be enhanced by judicious tonic hydrotherapy. Diaphoretic procedures should be avoided; the skin should be exposed to sufficient heat only to improve reaction for neuro-vascular training, which is very useful in these cases. After an hour's dry pack or a few minutes' warming in a hot-air box, the patient's trunk should be rapidly treated to ablutions with water beginning at 90°, and daily reduced one degree until 60° or less is reached without chilling. Each part should be dried quickly (see *Ablutions and Affusions*). The circular and fan douches of low pressures and temperatures not below 80° are useful tonic procedures at institutions or springs possessing hydrotherapeutic apparatus.

The most useful procedures in "rheumatism" have been detailed somewhat at length by reason of their well-established value in the hands of the judicious practitioner. Especially do baths deserve

the serious attention of the family physician, who rarely has had opportunity to observe them in his earlier studies at college or hospital. The value of these simple procedures carefully executed consists not only in the relief afforded, but in the saving to patients of deprivations and expenses incident to journeys to springs, and preventing their falling into the hands of bath, massage, electric, or osteopathic charlatans.

## CHAPTER XXVII.

### DYSPEPSIA.

ALTHOUGH but one manifestation of functional and organic diseases of the stomach, dyspepsia or difficult digestion—i.e., abnormal digestion—is the chief symptom, and this is the author's reason for grouping all functional diseases of the stomach together for the purpose of illustrating their hygienic treatment.

Without entering into a detailed account of the gastric diseases with abnormal digestion, it is my purpose to consider the two most prominent types—1, gastric catarrh; and 2, nervous dyspepsia—because in both the patient is conscious of abnormal sensations in or around the stomach, and his general discomfort occurs chiefly after meals. In all cases proper attention to environment, diet, exercise, rest, and favorable hygienic conditions are of prime import.

In *gastric catarrh* we have to deal with a stomach whose motor and secretory capacity is more or less impaired. The circulation in the mucous coat is sluggish; hence the secretions are diminished and absorption is greatly embarrassed. Sooner or later the motor capacity falls decidedly. To restore the mucous coating to a normal condition, to remove accumulated mucus and products of fermentation, and to enhance the peristaltic action of the organ, are the chief indications of treatment. The restoration of normal circulation in the diseased mucosa is accomplished by general tonic procedures. For the removal of abnormal products lavage may be applied, as directed on page 269.

The defective motor capacity of the stomach in these cases is favorably influenced by general tonic hydrotherapy. These patients may be more quickly trained to bear water at low temperatures and under strong pressure than any other class. If they are anemic, it is my custom to order daily ablutions, beginning with 85°, followed by good friction, as detailed under the caption of *Anemia*, page 493. If these measures do not fulfil all the indications, the dripping-sheet (page 198) or cold rub may be administered on rising from bed, followed by friction and a brisk walk. Next in order follow jet and fan douches of 80°, daily lowered two or more degrees. These will be more effective, the therapeutic aim being an enhancement of circulation in the muscular structures and removal of the hypochondriasis often



incidental to this malady. The latter is often diminished by adding strong spinal douches of very low temperatures (Charcot) to the general treatment. This treatment must be judiciously adapted to each individual case, and modified according to effects and indications.

*As a local motor stimulant* I have found the Scotch douche (alternating from 60° to 110°) to the epigastrium, a little below and to the left of the ensiform cartilage, a very valuable auxiliary, if begun with a pressure of ten pounds and increased daily two pounds up to thirty.

It is not unreasonable to suppose that the general enhancement of circulatory conditions must react favorably upon the gastric mucous membrane and its glands. Clinical proof of this claim is abundant.

*Nervous dyspepsia* is an affection which prevails to the greatest extent in the large commercial centres, where sedentary life renders the individual more receptive to the pernicious influences of the strain which the nervous system is called upon to bear by reason of the struggle for existence, the competitions, the worries, and the anxieties of modern life.

It may be mentioned *en passant* that next to out-door exercise, which is rarely to be commanded, the daily cold plunge is, as the author has elsewhere endeavored to impress, the most valuable prophylactic against this overstrain.\*

In the treatment of these cases, removal from unfavorable environment is the prime indication, but one which is rarely capable of being met. When the patient cannot leave home, or is not benefited by the usual treatment, a course of hydrotherapy offers the best chance to him, provided he limit his work or abandons it entirely. The following illustrate the treatment in such cases, and afford an insight into the procedures best adapted to them.

CASE I.—Mrs. O—, aged 38 years, resident of Florida, consulted me on May 5th, for "catarrh of the stomach," because of agonizing pains after meals. She has been living on trash and milk, and has had medical treatment for several years, with dilatation but not disappearance of the pain. She is emaciated; her voice is feeble; she is depressed and hopeless. Her worn face and prematurely old appearance bear evidence of a life of constant physical suffering. There is not a particle of the hysterical element in this case. Ordered at 12:30 P. M. a full test meal at Delmonico's, which she reluctantly accepted because of dreaded increase of pain. Five hours later the stomach was washed out without difficulty, Mrs. O. displaying marked patience. To her great surprise, my prediction that her dinner would be digested was verified, a little tomato peel being the only remnant visible.

The diagnosis of a gastric neurosis being clear, she was ordered a mixed diet, chiefly consisting of hot milk and stale bread and honey for breakfast, adding

\* Article "Hydrotherapy and Mineral Springs," by Simon Baruch, M.D., p. 454, vol. I., Hare's "System of Practical Therapeutics."

eggs (soft boiled) later, same with fish or oysters for luncheon, and steamed rice and roast beef for dinner. Desserts and salads forbidden.

The general irrigation of the entire system being the chief indication. In this case, she was placed upon daily hydropathic measures adapted to her case, by gradually accustoming her to lower temperature and stronger pressures.

May 6th. She received a hot-air bath (100° F.) for six minutes, which produced cutaneous hyperæmia and some perspiration. This was followed by a tub bath of 98° for five minutes, with friction. Upon emerging she was subjected to a rain douche of 85°, reduced to 90° during half a minute, at twenty pounds pressure. The treatment was terminated by a spray douche at 80° for five seconds, with friction.

She received no warm tub baths on the following day, but was at once subjected after the hot-air bath to a rain douche of 90°, reduced to 80°, for thirty seconds and a fan douche of 70° for five seconds. Reaction was fair.

May 24th. A jet douche to back at 60° was added on account of hypochondriasis.

June 12th. Same treatment, except that jet douche, having been daily lowered one degree, now reached 45°. She improved steadily, gaining flesh and being brighter and more cheerful.

June 18th. The jet douche, proving too exciting, was suspended.

June 20th. She complained of epigastric pain and received the constant current, twelve milliamperes, applied by a large flat sponge electrode over epigastric and a small one over lumbar region. Temperature of douche was raised to 75°.

June 27th. Temperature of douche was now reduced; she was again depressed; the jet douche given at 50° for three seconds. Reaction good.

July 9th. Electricity having been unavailing and fermenting material having been found in the stomach, the Scott's douche has been daily applied to epigastric region for thirty seconds after the rain douche, 70°-45° daily, and followed by jet douche at 50° for three seconds. Patient returned to Buffalo to her parents.

On November 26th, 1892, she wrote that she had gained fifteen pounds in weight and was much stronger; had continued the diet prescribed, because, like most of these neurasthenics, she "feared her stomach was not equal to much of a change." Most of the time she is entirely free from pain; she has slight distress every now and then, but expresses the warmest gratitude for the help given.

CASE II.—Dr. H.—asked me to give him lavage. He looked haggard, suffered from migraine; had worked in country practice on Long Island for years; vomited often, with headache; had tried everything, including rest for eight months, dieted very carefully, and had recently, under one of our most eminent consultants, who regarded him as suffering from gastric catarrh, confined himself to hot water and chopped beef without avail. He had section of the external rectus done on both eyes by an enthusiast on the subject. Thought he was asthenic, which Dr. Carl Koller did not concur in. My diagnosis of nervous dyspepsia was confessed by lavage, which showed perfect digestion of a full and varied meal taken five hours previously. A mixed diet consisting of meat, farinaceous food, excluding vegetables and pastry, was ordered, which was well borne, to the great surprise of the patient. A daily ablation, with gradually reduced water, accustomed the patient to the cold plunge (60°), followed by friction and out-door exercise. Having occasion to visit one of his patients in consultation a year later, I found the doctor much improved in flesh; his general health good, and maintained by continuing the daily hydrotherapy which I had prescribed for him and by visiting his patients on a bicycle in the



summer. He thinks he "would have died if he had continued his former professor's advice to live on meat and hot water."

One of the chief difficulties in these cases of nervous dyspepsia is the dread of infringement upon what they have been led to regard as good dietetic rules. The usual effect of a test lavage (one of our simplest hygienic procedures) is marvellous in these cases, inasmuch as it enables us to build up the nutrition and thus improve the general health upon which the local disease seems to depend in most cases, as illustrated in those already cited. The doctor's case cited above demonstrates what may be accomplished at the patient's home. I will not here repeat the methods of hydrotherapy indicated, save to say that ablutions with water at 75°, reduced one degree every day, the patient standing in a little warm water, is a good domestic measure, and may be followed advantageously by daily cold affusions thrown with good force. Afterward institution treatment, where the temperature, pressure, and duration may be applied with precision, would, if necessary, be more useful by reason of the previous hygienic training of the patient. In addition to these general procedures I have obtained great advantage from the trunk compress, the *retinade* of which does not require repetition. Suffice it to reiterate that it is a continuous local stimulant, producing cutaneous hyperemia, and that at each renewal, three or four times daily, the gentle shock arising from its application adds to the tonic effect, by first contracting the cutaneous vessels and under the subsequent reaction dilating them.

In obstinate cases of dyspepsia referred to me by colleagues, after the trial of all known remedies, as illustrated by the cases cited, a judicious water treatment had rarely failed, especially if the patient was away from home and could be induced to submit to a systematic course of douches. Under the magic touch of this flagellation with a solid column of cold water or the more gentle stinging spray of the fan douche, these unhappy creatures bloom forth into health and contentment. Their moodiness, introspection and apprehensions of evil, their tendency to magnify slight ailments into serious maladies—all disappear like a mist before the rising sun, when the physician applies all the resources of hygiene, diet, and hydrotherapy with judgment and skill, and avoids slipshod routine.

The result aimed at must, however, be clearly before the physician. The peripheral stimulus must be so adapted to each case that its effect is conveyed to the central nervous system, with the result of enhancement of the innervation of the stomach in the general beneficent result. All excitation must be avoided; while the heart is driven to better, more thorough work, it must not be overstimulated. The result will be a removal of the plethoric condition of the abdominal



circulation, because the blood is put into active fluxion by its withdrawal from the interior to the large cutaneous vessels. Thus the stomach and liver are supplied with better aerated blood, their local circulatory condition is enhanced by the invigorated general circulation, and the nutritive conditions are improved. That this is not theoretical deduction is daily proved by clinical results.

It is not the writer's purpose to burden these pages with clinical histories of his own cases, except to illustrate the hydropathic methods adopted in their management, which may be useful as a guide to the reader in the practical application of water in disease. Individual observations may be fallacious; the enthusiastic exposure of a therapeutic agent or method may bias the observer. Therefore I propose to present in the interest of fairness the views of others whose large clinical material entitles their opinions to respectful consideration.

In an essay on "The Diagnosis and Hydrotherapy of Stomach Diseases," read before the Balneological Society of Berlin,\* Dr. Alois Strasser, clinical assistant to the Allgemeine Poliklinik, in Vienna, discusses the present methods of diagnosis in stomach diseases in a careful, conscientious, and scientific manner, arriving at the same conclusion which I had expressed in a paper on "The Clinical Aspects of Dyspepsia," read before the South Carolina Medical Association April 26th, 1895, that "the number of clinical tests which have been proposed for the purpose of obtaining a reliable measure of the digestive capacity of the stomach is bewildering to the general practitioner. They often serve no useful purpose, when the treatment is to be studied out and practically applied." Dr. Strasser's review indicates a thorough mastery, not only of all the scientific chemical methods, but also of the practical aspect of the subject—the treatment. "Hydrotherapy may be utilized with some success in every form of stomach disease. This is proved by the results of all hydrotherapeutic institutions. For instance, the statistics of the institution at Kaltenleutgeben show, during the past twenty-five years, fourteen hundred and twenty-four stomach and intestinal cases (the former in large majority, the latter mostly united with the former). *Of these only four per cent left the institution without being cured.* It is true that a large proportion of stomach cases are of a nervous type, which may favorably influence the statistics; still we must remember that nervous gastric cases are not sent at once to institutions, but often only after the primary nervous disease becomes converted into an anatomical one.

\*Nervous dyspepsia becomes changed to a chronic gastric catarrh and the atony is transformed into a regular muscular insufficiency; secondly, the category of nervous cases contains many which, after

\* *Blätter für klinische Hydrotherapie*, May, 1896.

having been treated in vain by various medicines, resort to hydrotherapy as a last refuge."

My personal observation has led me to the conclusion that flabby or anæmic dyspeptics, and those of the better nourished class, who present psychical manifestations or neurotic symptoms, are the most favorable subjects for hydrotherapy. The fact must not be lost sight of that the latter is not a specific in this malady; it is only a potent aid in the hygienic and dietetic management. Many cases which fall under the latter may improve if judicious hydrotherapy be added.

#### CONSTIPATION.

Among the most trying manifestations of dyspepsia and often without the distinct evidence of the latter, in neurasthenics and among sedentary people in ordinary health, a sluggish peristalsis is often the bane of their lives. It is not our province to dwell upon the necessity of exercise, change of environment, diet, etc.; these are too well understood. Prolonged and careful observation has convinced the author that the addition of some form of hydrotherapy enhances the value of hygienic and dietetic measures, and often succeeds after the latter alone have failed. Fleissner recommends the hip bath of two to five minutes, temperature 50° to 68° F., once or twice daily, and an abdominal compress of 50° F. at bedtime. We have obtained some excellent results from these procedures and many failures. In the latter the jet douche of thirty pounds pressure from a one-eighth-inch nozzle, slowly played over the region of the colon, either at 45° or 130° F., has often furnished satisfactory results. This form of hydrotherapeutic massage may be continued from five to fifteen minutes, if done slowly, and repeated once a day before the usual time for evacuation. This form of abdominal douche is highly commended by Nothnagel (who uses them cold) and Hackel.\*

In constipation occurring in gouty, anæmic, or otherwise debilitated patients, a thorough intestinal irrigation with salt solution, administered every day, removes ptomaines. If followed by the rapid introduction and outflow of eight ounces of water at 40°, a reflex stimulation is aroused. It is the author's custom to use these irrigations for a week and omit them for a week. He would condemn the enormous colonic irrigation which has been furthered by the empirics as harmful, because of the overdistention and consequent enfeeblement of the bowels. Irrigation provides for rapid outflow, the enema for retention of the water as long as the patient can hold it. In all cases of constipation tonic hydropathic procedures are of as great value as is muscular exercise, which it may often substitute temporarily in feeble patients.

\* Deutsche medicinische Wochenschrift, 1899, No. 1.



## CHAPTER XXVIII.

### INSANITY.

THE methodical application of hydrotherapy in mental diseases is of very recent date in this country. The author is gratified by the statement of asylum physicians, quoted below, that he has been successful in the propaganda for its systematic use in insane asylums. As a general practitioner, cases of mental disease have not come under the author's observation in sufficient number to warrant reliable deductions. He has therefore aimed in this chapter to present the views of practical alienists, men who live and labor among this unfortunate class. They are most competent to offer actual clinical observations, upon which alone hydrotherapy must stand or fall.

It is a sad commentary on the lack of interest displayed in hydrotherapy to note that, despite the fact that a few discerning minds have grasped the principles and applied the technique of hydrotherapy successfully in insanity, the mass of alienists still seem to be unaware that precision and exact technique are the essentials of successful hydrotherapy in mental diseases as they are in other maladies. In a recent American text-book on insanity, the only mention of this subject is as follows: "The use of baths generally in insanity has been highly commended, especially the Turkish bath."

In striking contrast to the above stand the following earnest and well-weighted comments of Dr. Frederick Peterson, professor of psychiatry in Columbia University and a practical alienist of high repute: \*

"In continental Europe the 'water cure' has become of late a scientific remedy, one recognized as of great value, and everywhere—in asylums, hospitals, at health resorts, and in the cities—at the command of all physicians in private practice, are excellent means of making use of hydrotherapy where it is indicated.

"I will here enter into details as to hydrotherapeutic measures only in so far as mental and nervous diseases are concerned; their manifold application in a great variety of general diseases, such as fevers, disorders of the stomach and intestinal tract, affections of the respiratory and circulatory organs, and the like, has become fairly known in America, particularly through the earnest propaganda of Dr. Simon Baruch, of New York.

\* American Journal of the Medical Sciences, February, 1893.



"In my tour of inspection of asylums for the insane in Germany, Holland, France, Belgium, Italy, and Austria, in the winter of 1886-87, I was surprised to find how universally hydrotherapy was employed in the treatment of certain conditions in insanity, and with what excellent results; and in a visit to the new insane asylum at Athens, Greece, in 1892, I was astonished to note how well equipped a hydrotherapeutic establishment it possessed, although situated in a country we are disposed to consider somewhat out of the track of modern progress.

"On my return to America, in 1887, I put into practice, as well as means would permit, at the Hudson River State Hospital for the Insane, some of the principles of hydrotherapy that I had acquired abroad; but as the facilities were quite inadequate, my hydrotherapeutic measures were limited to applications of warm and cold baths, brief or prolonged, the wet pack, wet compresses, and ice bags. Nevertheless, I learned from observation and experiment how much could be accomplished in the treatment of insomnia, congestive conditions, states of mental excitement, restlessness, and the like by even such simple measures, and understood how much more might be done were each asylum provided with means for the methodical, systematic, and scientific employment of the 'water treatment.' *As it is, I do not know of any asylum in America that is supplied with anything beyond the ordinary baths for purposes of cleanliness, and one of the objects of this article is to stimulate a more general consideration of the value of hydrotherapy by asylum authorities, with the hope that it may lead to installation of the necessary apparatus in most of these institutions in our land.* Before entering specifically into this subject, I wish to call the attention of asylum physicians to the adaptability of the rain bath for the general purposes of cleanliness among patients in their institutions.

"In our large asylums, as is well known, one or at least two stationary bathtubs are supplied for each ward. While every precaution is taken as regards cleanliness as can be taken by the asylum authorities, still one is inclined to doubt the perfection of such bathing arrangements, and it seems to me that the rain-bath system could be employed with even more advantage in these institutions than in the public baths of cities. I hope some of our progressive superintendents will initiate this change. They will find in New York examples of the rain-bath system, recently introduced, through the able advocacy of Dr. Barnet, at the public bath-houses at No. 7 Central Market Place, at the DuSart Dispensary (corner of 234 Street and Second Avenue), the Baron De Hirsch baths at Essex and Market streets, and at the Juvenile Asylum. Another advantage of the rain-baths in asylums would be the

prevention of injuries such as occur occasionally on putting excitable patients into the tubs, and the impossibility of scabbling or suicide. Rare as these accidents may be, they have to be carefully guarded against under present arrangements.

"*A Simple Hygienic Chamber.*—This might easily be provided in each ward—or, at least, in one out of five wards—by slight alteration of the present bathrooms. The walls would require protection by means of a rubber lining, or, better, tiles or marble, and the floor should be zinc-lined, tiled, cemented, or made of asphalt. Several rain baths should be installed. There should be one stationary bathtub. There should be several kinds of douches connected with the hot—and cold—water pipes, and to this douche apparatus should be attached a thermometer and gauge for measuring the temperature and pressure. In summer a small reservoir should be arranged (colds packed in ice) for obtaining cold water when required. A hot-air box is very useful. The equipment is complete when to these are added one or two foot baths, a sitz bath, several cooling caps or ice caps, Chapman's ice bags, and a liberal supply of linen for wet packing, dry packing, wet compresses, and bandages.

"It is very essential that such an establishment be put in charge of an intelligent nurse, who would learn under the direct instruction of the physician in charge how to carry out properly every procedure.

"The room should be capable of being heated to such a temperature as will feel agreeable to the bather when undressed. It is needless to say that patients should not be treated in a cold bath-room. (See page 395, *Hydriatric Apparatus*. The author would suggest neuro-vascular training before proceeding to the low temperatures "for tonic effects," and higher temperatures "to produce sleep," in the following chapters.)

#### INDICATIONS AND METHODS.

"*For Tonic and Refreshing Effects.*—A cold rain bath (50° to 70°), the patient rubbing himself while in the bath, duration five to ten seconds; or the half-bath in a tub at 65° to 75° F., ten to thirty minutes. By "half-bath" is meant only six to eight inches of water in the tub, in which the patient lies and splashes about and is rubbed by an attendant. The object in both is to get the exhilarating and stimulating effects of the cold, and also the mechanical effect of the water impinging upon the skin. Such a bath should be taken every morning.

"*For Powerful Tonic, Revulsive, and Decisive Effects.*—The cold douche increases reflex excitability and causes hyperæsthesia of the skin. It is a powerful stimulus, mental and physical. By means of various nozzles it may be ejected in the form of a jet, a spray, a



shower, a fan, and by alternating with hot and cold water we have what is known as the Scotch douche. Such procedures are indicated in lethargic and hysterical forms of insanity, where there is a sluggishness of the intellect, apathy, stupor, catalepsy, etc., and in melancholic cases and in all cases in which there are anæmia, chlorosis, or gastro disorders.

*"To Produce Sleep.*—The prolonged warm whole bath is indicated. Temperature, 70° to 80°. Duration, one-half to two hours. When of long duration the patient may be suspended in a hammock made of a sheet. Indicated in cases of melancholia with excitement and in some maniacal conditions. As a general hypnotic agent, however, applicable to all forms of insomnia among the insane, the hot wet pack stands foremost. It is applied in this way: A blanket nine by nine feet is spread upon the patient's bed, and upon this a sheet, wrung out dry after dipping in hot water, is laid. The patient lies down upon this, and the sheet is at once evenly arranged about and pressed around the whole body with the exception of the head, after which the blanket is also immediately likewise closely adjusted to every part of the patient's body. Other dry blankets may now be added as seems necessary. The patient remains in this an hour or longer; all night if asleep."

(See page 135 for reasons why the cold wet pack is superior to the hot wet pack for maintaining cutaneous hyperæmia, which is essential.)

*"Mucous Excitement.*—In this condition we all know how important it is to control motor excitement as much as possible in order to prevent the metabolic waste that progresses only too rapidly in many cases, often leading to death from exhaustion in a few days. Formerly we were accustomed to fasten the patient in bed with a strait-jacket and dose with hyocyamine liberally, and this treatment undoubtedly saved many lives, but the fastening in bed has been to a great extent tabooed of late years. It is astonishing to note the good effects of hydrotherapy in many cases of this kind. The measures to be carried out are those indicated for insomnia. It is not often that patients laboring under great excitement can be placed in the warm bath, but the wet pack is applicable in nearly every case. It not only diminishes erethism, but often brings about refreshing sleep, and always, when kept applied, prevents metabolic waste by motor excitement. I know of nothing that gives one better results in such cases than the wet pack in conjunction with overfeeding and occasional doses of hyocyamine or lobeline if needed.

*"Constipative Headaches.*—These headaches are quite common among the insane and one of the best hygienic procedures for their relief is a running-water cold foot bath every evening (twenty minutes,



60°), or the fan douche to the feet (five minutes, 60°), is very palliative.

*Hysteria*.—For erethetic type: Wet pack, 60° to 70° for one hour or more, followed by massage (Putnam Jacobi); or the rain bath at 75° to 65°, for thirty-five seconds daily at twenty pounds pressure (Baruch).

For depressed type: Cold affusions while standing in warm water, or hot-air bath, followed by rain bath for thirty seconds at 85°, daily reducing until 60° is reached, this to be followed by spray douche for five seconds at 65°, or jet douche for three seconds at 65° to 55°. Reduce douche gradually to 50° or less, increasing pressure from two pounds to thirty (Baruch).

*Constipation*.—In the atonic condition of the intestines in most cases of melancholia and in some other forms of insanity, a powerful stimulus to peristalsis will be found in pouring water over the abdomen when the patient is in a tonic half-bath of low temperature.\*

The author is convinced that Dr. Peterson's earnest and able plea, only a portion of which is here reproduced, aroused the attention of asylum physicians to the subject of hydrotherapy. For since its publication he has received frequent inquiries on the subject from such physicians, many of whom have attended his instruction and had nurses trained at his clinics and have installed the douche apparatus devised by him for the exact application of water.

The following clinical evidence may be of interest to alienists who are not already familiar with this enormous therapeutic resource in these often hopeless cases.

The report of the Government Hospital for the Insane (in Washington), for 1898, contains a special section devoted to the results of hydrotherapy. Dr. Golding states: "The hydrotherapeutic work has been continued and its field considerably extended, with very encouraging results. The apparatus in use is essentially that of Dr. S. Baruch, of New York City. I have requested Dr. Foster, who has charge of the hydrotherapeutic work, to prepare a more extended report. I think his facts bear out his conclusions."

*General Paralysis*.—Dr. Foster\* furnishes several abbreviated histories of cases which received "hydropic treatment," and summarizes the favorable report (page 76) as follows:

"Is it likely that such a showing could be made in any twenty-one untreated cases, taken at all stages of the disease? Under like circumstances, can six arrests at one time, with a duration extending from

\* Dr. Foster was among the earliest asylum physicians to seek personal instruction in hydrotherapy from the author. To his able clinical demonstration is the phenomenally rapid adoption of hydrotherapy in asylum practice to be traced.

four months to three years, be shown? If not, some value must be ascribed to this treatment.

"It should be fully understood that reliance is not placed upon hydrotherapy alone in the treatment of these cases. On the contrary, every available means that holds out the promise of benefit to the individual case is strenuously employed. *It is only claimed for hydrotherapy that it is the chief remedy; that in some form it is applicable and of benefit to all, and that without its aid the other measures employed could not have produced equally favorable results.*

"We should also have in mind some standard for gauging results, which will vary with different cases depending upon the stage of the disease, and especially upon the time during which degenerative changes have progressed.

"If we could examine the brain of any parietic in whom the disease had existed, say from three to five years, we should undoubtedly find marked sclerotic and atrophic changes, the attendants upon cell degeneration. If the disease should be permanently arrested in any such case, there must remain more or less permanent loss of cerebral function; that is, there will be more or less secondary dementia, which will be permanent; as is true of any form of chronic insanity which has been, as we say, 'cured.'

"In the case of J. B. McD., with a duration of one and one-half years, the permanent loss is scarcely appreciable. In that of W. K., Jr., of seven years' duration, the limit of improvement has probably been nearly reached. In G. M., five years' duration, improvement has already exceeded what one would expect, and still it slowly continues. In F. M. the period of disease was short, and but little residual impairment is now noticeable.

"If either or all these arrests should prove to be permanent and the term 'cured' applied to it, the term would evidently have a somewhat different value in each case. Whatever the term used, it can only mean arrest, with regeneration of such neurons as have not reached the point of hopeless degeneration.

"In addition to the cell degeneration there remain also vascular changes which are permanent, and, according to their degree, a source of danger in arrested cases, should conditions arise involving either toxic or congestive strain.

"In describing these cases of epilepsy and paresis I have avoided minuteness of detail, lest it should become too tedious. It is hoped that sufficient salient points have been stated to subserve the desired purpose of comparison, in order to estimate the results of treatment."

In an able essay on "Hydric Treatment of the Insane," Dr. Foster writes: "It may be added in this connection that there is no better



means known to influence the early intercellular nutritional changes of insanity, whether the latter be the effect of functional strain or overwork or toxic influences. In the former cases the nutritional and tonic effects are invoked, eliminative processes being conjoined in the latter.

"But what should be the method of procedure on the part of those not already practically familiar with the subject, who feel inclined to test its value? The answer is emphatic: To first of all make adequate preparation by studying the best literature of the subject, and by becoming thoroughly familiar with the physiological problems involved and with approved clinical methods. *Anything less will result in failure, disappointment, and undesired discredit of the method. Do not rely upon any short disquisition of a score of pages, for such must prove inadequate and misleading if made the chief reliance.* After this preparation it is not necessary to wait until an elaborate plant is installed, for while you are using such appliances as are ready to your hand, or can readily be devised, the principles and procedures already studied can be carried into effect and submitted to the proof of experience. Study principles! If there were nothing more to it than the application of certain empirical methods, it might as well be left to the empirics themselves, with their mingled successes and failures, both alike inexplicable to them.

"At the present time it can perhaps fairly be said that the user is on trial even more than the method, since the latter is already supported by decisive testimony. If it is capable of good it is also capable of harm, though no remedy is safer in proper hands. If it is a flexible instrument, and capable of many adaptations, the more need of care in securing the proper adaptation to the exigency at hand.

"Probably the most satisfactory series of cases of all that have been brought under the treatment here consists of nine soldiers or sailors of the war with Spain, whose treatment began subsequently to the finishing of the report, or since October 1st, 1898.

"They had suffered from the physical and emotional strain incidental to the unaccustomed hardships of army life in the hot climate of Cuba, etc. The first case is so recent that it can only be cited as showing improvement, which may prove only temporary. No other treatment is being employed.

"The remaining eight are cases of confusional type with extreme mental weakness, associated in all but two cases with marked physical depression. In the two cases not exhibiting marked physical weakness the condition was stuporous. They had already been under treatment for periods varying from two to six months, and only one was showing tendency to improvement when brought under hydric treat-



ment. All have improved. Three have recovered and have been discharged. Two more have nearly recovered normal mental base and will soon be discharged. The remaining four are making such steady progress as indicates recovery in the near future. In two of the latter, improvement was very slight during the first four and six weeks respectively, after which physical and mental gain have gone on steadily together. The rapidity of improvement of the majority of these stationary cases, as soon as brought under treatment, was almost marvellous, and seems to mark this type of mental disease as especially suitable for the treatment. That the breakdown was sudden, under severe stress, would perhaps probably be regarded as a favorable feature; but it should still be borne in mind that they had nearly all reached a period when improvement, if there had been any, had ceased.\*

From an essay read before the American Medico-Psychological Association, at Quebec, in June, 1902, the following citations are culled for the purpose of adding the evidence of another active clinical alienist. After courteously referring to the author's labor for the development of hydrotherapy in this country, Dr. Dent writes:

"I am personally indebted to him for the privilege accorded me and my staff in permitting us to visit his institution and study his methods. For several years past the bathtub has given place to the rain bath, or spray douche bath, which is at present used exclusively throughout the institution, except in the rare cases in which the portable tub is found to be more suitable. Like all innovations this change at first was opposed alike by patients and nurses, but with education the dislike was gradually overcome and the baths one by one replaced the tubs. So much in favor are the baths at present that an attempt to resort to the tub would meet with decided objections on the part of the patients and nurses.

"The lavatories in the wards of our hospital are each provided with a gauge on the bathing apparatus, whereby the temperature and pressure of the water can be regulated at will, so that it is possible to administer with a considerable degree of accuracy the Scotch douche, jet douche, rain and needle bath. In order to arrive at some definite conclusion as to the value of water as a therapeutic agent in the treatment of insanity, we have for several years made careful observations on patients receiving treatment with the warm and cold full baths, warm and cold packs, sitz baths, ice packs, Scotch douches, needle baths and drip sheet baths in conjunction with the hot cabinet.

"The hot-air cabinet in our hands has proven to be a valuable agent in relieving pain without the depressive effects common to hypnotics and sedatives. It stimulates metabolism, promotes absorption, and is

\* American Journal of Insanity, vol. lv, November 4th, 1900, p. 643.

unquestionably the most valuable eliminative agent we possess, and when properly used possesses a sedative action on the nervous system obtained by no other remedy. . . .

In adopting hydropathic measures, the exact physiologic and pathologic conditions present must be recognized and so influenced as to bring about the best results. Patients differ widely in their behavior under treatment, and for this reason every case requires careful physiologic study to determine the best course to pursue. *All authorities insist upon a careful technique, and by this alone can the best results be obtained. In many instances cures will result when a prescription is indifferently carried out.*

"It would be an unwarranted consumption of your time to review the general laws applicable to hydrotherapy, inasmuch as they are dealt with in the text-books and are familiar to you all. The following clinical histories of three cases are selected from a number treated, for the purpose of illustration:\*

"I. H.—, age 18, single; occupation, factory operator; heredity denied; assigned causes; remote, environment; exciting, anemia. Duration of present attack, three weeks; diagnosis, melancholia with agitation. Admitted to the hospital February 20th, 1903, with the following history obtained from her mother:

"Until two years previously the patient had always enjoyed excellent health, and was of a sanguine temperament. From the age of twelve she had been constantly employed in a candy factory, and usually in a room where the temperature was very high. For the past two years, the mother had noticed that her daughter had been failing physically, and that during this time she had menstruated only once or twice. One month before admission the patient, who had always been bright and vivacious, became morose, suspicious, irritable, and suffered from insomnia. A few days prior to coming to the hospital, she had developed well-marked delusions of fear and persecution, with auditory and visual hallucinations. She became so frenzied and agitated that she could not be cared for at home.

"On admission to the ward, the patient was in a most agitated and disturbed condition, constantly pulling at her hair and attempting to strike herself against the stretcher, moaning and crying in a most piteous manner; she had active and painful auditory and visual hallucinations, with delusions of fear.

"Physical examination of the patient showed a poorly nourished, anemic girl; rectal temperature, 98.3°; pulse, 120; respiration, 21, very shallow; skin cold and clammy; mucous membranes almost bloodless; heart sounds feeble; anemic murmur heard over the aorta; scales on teeth and lips, tongue badly coated, breath foul; marked cutaneous hyperaesthesia, which appeared to be general; pelvic organs normal, but undeveloped.

"The reader is urged to peruse carefully all histories in order that he may learn to adapt the varying procedures to analogous manifestations, as shown by the marked flexibility of hydrotherapy as distinguished from drugs. This is the author's warrant for devoting so much space to case histories, which under drug management have become a *tabula rasa*. A successful home treatment may often thus prevent resort to the asylum.



"She was put to bed and given a large simple enema at a temperature of 100° F. The stomach was irrigated with sterilized water at a temperature of 100° F., and a small quantity of peptonized beef juice administered through the stomach tube, as patient refused nourishment.

"She continued in a most agitated condition, and at 6 p.m. became wildly excited, constantly removing her clothing, pulling at her hair, jumping out of bed, and screaming at the top of her voice that she was being burned up, etc.

"She was ordered a warm wet pack, the sheets being saturated with water at a temperature of 110° F., and covered over snugly with several woollen blankets; an ice-cap was applied to the head and a hot-water bottle to the feet. In about one hour the skin became active and the patient commenced to take considerable quantities of water voluntarily. She gradually became quiet, and at the expiration of three hours she was removed from the pack and given an alcohol bath, followed by light massage. She continued quiet and slept well during the night. In the morning she again became very much excited and the pack was again applied for three hours, the patient offering less resistance to its application than before, and soon falling asleep. Warm packs were continued during the first week of the patient's stay in the hospital, being employed about twice in twenty-four hours for three hours at a time. The patient's sleep became much better, the large quantities of water taken during the application of the pack promoting diuresis and a free movement of the bowels. The toxic manifestations gradually disappeared, and the motor and mental symptoms also subsided.

"At the end of the first week the auditory and visual hallucinations had vanished; the catatonic disturbances were less marked and the warm packs were discontinued on account of her improved condition. She was then placed upon general tonic treatment. This was continued for about two weeks, when it was found necessary to discontinue it as the stomach became irritable, and the patient was then not able to retain medicine or nourishment. Her sleep became restless, and there was a renewal of her former mental symptoms. At the same time she developed a large number of small but painful furuncles, which appeared on the scalp, back, and buttocks. She was then placed on the following treatment:

"A hot-air bath at a temperature of 180° F. was given for ten minutes daily, with an ice-cap to the head, in order to produce hyperemia of the superficial blood-vessels; at the expiration of this time, she was immediately taken from the hot-air cabinet and given a needle bath at a temperature of 60° F. at fifteen pounds pressure for one minute. This was followed by light massage.

"At the end of the first week of this treatment, she commenced to show marked improvement: the skin became more active, the furuncles disappearing; the sleep became quiet and restful, and the hallucinations subsided. The appetite was very much improved, and the special peptonized diet was discontinued and the ordinary ordinary food substituted.

"At the end of the third week of this treatment, she was again placed on iron and vegetable tonic, and the Scotch douche, at a temperature of 100° to 50° F., and a pressure of twenty-five pounds daily, was substituted for the needle bath. This was continued for three weeks, her mental and physical condition gradually improving so that at the end of this time all treatment was discontinued, and she was transferred to the convalescent ward, from which she was discharged June 15th, 1901, as recovered, having gained twenty-five pounds during her entire stay in the hospital.



"E. B.—, Aged 30, married; housewife; number of children, one; age of child, three months; primipara; no heredity; assigned causes, remote, family trouble; exciting, childbirth. Duration of attack, three months. Admitted to the hospital, November 20th, 1901, with the following history obtained from her mother:

"The patient had always enjoyed excellent health until the time of her confinement, three months prior to her admission to the hospital. The labor was very tedious and difficult. Soon after the birth of her child she became depressed and irritable, and refused to recognize her baby, relatives, or friends. She soon became very suspicious and refused to take nourishment, saying that her food was poisoned, lying in bed in a most listless manner, apparently manifesting no interest in her condition or surroundings. She gradually became worse, and finally was so helpless that it became necessary to remove her to the hospital.

"On admission the patient was very dull, depressed, and refused to speak. If persistently questioned, she would make a feeble effort to speak, but apparently was too confused to collect herself sufficiently to answer questions. The tongue was coated, the breath foul; there were scales on the teeth; the skin was cold and inactive, the body was fairly well nourished; anemia not pronounced; heart and lungs normal. Pelvic organs normal, with the exception of some slight enlargement of the uterus; general cutaneous anæsthesia present. She refused food and medication. The stomach was irrigated and nourishment administered from a feeding-cup. Sleep apparently excessive.

"The patient after being put to bed remained in a stuporous and semiconvulsive condition, apparently sleeping the greater part of the time, and it was with difficulty that she could be aroused sufficiently to take nourishment from a feeding-cup. On the second day after her admission to the hospital she was placed on the following treatment:

"She was given a hot-air bath at a temperature of 190° F. for ten minutes, after which the jet douche was applied at a temperature of 50° F., at a pressure of twenty-five pounds, for one minute. This was followed by light massage and continued daily. During the first week the patient showed no apparent mental improvement. There was, however, an improvement in her general circulation; the skin became more active and the secretions of the body increased. During the second week she became less stuporous, and manifested some mental improvement and more motor activity, at times offering some slight resistance to the jet douche.

"At the end of the third week the Scotch douche, at a temperature of 110° to 50° F., for two minutes, at a pressure of twenty-five pounds, was substituted for the jet douche. The patient continued to show mental and physical improvement. The Scotch douche was continued daily for three weeks, and her mental and physical condition continued to improve, so that at the end of this time all treatment was discontinued, and she was allowed out of bed.

"Unfortunately, about this time she developed diphtheria, which detained her in the hospital for several weeks longer than would have been necessary if she had not contracted this disease. She was discharged March 25th, 1902, as recovered. Diagnosis, acute melancholia with stupor. Patient gained about thirty pounds in weight, and no special medication was used in this case, except antitoxin for the diphtheria.

"R. B.—, age 39; married; Russian; tailress; number of children, three;

assigned cases, emetic, encephalitis; exciting lactation. Duration of attack prior to admission, one week; diagnosis, *mania acuta* with delirium. Admitted to the hospital April 2d, 1902, with the following history from her husband:

"The patient had always been strong and healthy; one year previously she had been confined and since that time had been raising her child, at the same time performing her household duties, and, in addition, assisting him in his business as a tailor. She had always been of a sanguine temperament. Three days prior to her removal from her home she commenced to act strangely, shouted and screamed at the top of her voice in a most incoherent manner, and nothing of an intelligent nature could be obtained from her. She assaulted all who came near her, and was especially resentful toward her children. She became so violent that it was necessary to call in the police and have her removed. The patient was received into the hospital on a stretcher; she was under the influence of a powerful sedative; the pupils were widely dilated; there were scales on the teeth and lips; the tongue was coated and other evidences of intestinal toxemia were noted. The vessels of the ocular conjunctivæ were intensely congested; the pupils reacted very slowly to light and accommodation. The patellar reflexes were exaggerated and considerable cutaneous hyperæsthesia was present. Examination of the lungs showed a subacute bronchitis of the left lung; the skin was hot, dry, and inactive; the body was fairly well nourished and covered with large contusions and bruises. The patient was constantly throwing her arms and limbs about in a restless manner and rolling her head from side to side. She was placed in bed, given a large simple enema at temperature of 100° F., and later received a small amount of peptonized beef juice through the stomach tube. The stomach was irrigated with sterilized water at a temperature of 97° F., and found to contain only a small amount of foul-smelling mucus, mixed with detritus. Soon after the patient's stomach had been irrigated she became very restless, and showed evidences of gross delirium; most active auditory hallucinations were present; the temperature was 102.8°, the pulse rate 120, respirations 20. She was placed in a sitz bath at a temperature of 100° F., gradually increased to 112°; the ice-caps and cold bandages were applied to the head and neck. Local massage was used about the pelvis and abdomen while the patient was in the bath. She remained in the sitz bath about twenty minutes, and during the time drank a considerable quantity of water. The evidences of cerebral congestion became less marked. The patient was removed from the bath and was considerably quieter, although she still remained in a delirious condition. Six hours later she again became very noisy, violent, and most difficult to control. She was placed in a hot, full bath, temperature 100°, gradually increased to 115°. At the end of one hour her pulse became soft and rapid, and as she showed evidences of exhaustion, she was removed from the bath, given a stimulant, and placed in a number of warm woollen blankets in order to continue the perspiration. She remained in the dry pack for about two hours, after which she became quiet and slept soundly for several hours; the bowels and kidneys acted freely. On the morning of the second day after admission to the hospital she again became very noisy and restless, but the delirium was not so marked. The hot, full bath was again repeated at a temperature of 100°, gradually increased to 111° F. After remaining in the bath for one hour she became quiet. These full baths were continued for three days, the patient receiving on an average four baths in twenty-four hours. On the morning of April 6th, the third day after her admission to the hospital, the patient was very much quieter and her delirium had subsided, although the hallucinations of hearing continued active. On April 7th she de-



veloped several abscesses in the right axilla and arm. These were opened and irrigated, but on account of her disturbed condition, dressings could not be kept in place. The abscesses were irrigated twice daily. Her manual symptoms continued until April 20th. During this time, she received a hot full bath at bedtime, which kept her fairly quiet during the night and day. Her secretions gradually increased in quantity, the bowels became regular and the skin active, all the tonic symptoms subsiding on the second day after her admission to the hospital. By April 24th all of the mental symptoms had disappeared, and she was transferred to the convalescent ward. She gained about twenty pounds in weight; was discharged June 2d as recovered, and in a most excellent condition physically and mentally.

"While I cannot claim, and do not pretend to offer, any new observations on the application of water as a therapeutic agent, the results I have obtained have been most gratifying and confirm those of many prominent authorities on this subject, and those obtained in other hospitals. I find that when water is properly applied in the form of packs and hot and warm full baths, it acts as a hyposcotic and sedative, and is of great value when it is impossible to administer drugs. As an eliminative it is of exceptional value. I find that after a few baths have been administered, there is invariably an increase in the quantity of urine and a marked increase in its solid constituents; that the large quantities of water the patient takes, during the period spent in the packs and the hot full baths, promote free diuresis and assist the diaphoresis; that the application of water for its tonic effect in the form of sprays, douches, etc., under hydrostatic pressure induces glandular action by its tonic effect on the general cutaneous circulation. Furthermore, I believe that the assimilation of iron and other alteratives is promoted by these tonic baths.

"I know of no condition, except advanced pregnancy, puerperia, or when the patient is practically moribund, in which some form of hydrotherapy cannot safely be administered. Of course we must recognize the fact that there is some risk of serious exhaustion in the warm packs and in the warm and hot full baths, but a nurse who is skilled in the application of these baths can easily detect the danger signals and remove the patient before any serious consequences have resulted. I have yet to meet with any fatal or serious result, although, in this hospital, thousands of packs and baths have been given. Of course we meet with more or less opposition on the part of the patient to the administration of these baths. I find, however, that it is seldom, if the patient be properly handled, that the baths cannot be given. If the patient is resisting and suspicious, she is allowed to see the other patients receive their treatment, and in her own case the first procedures are made as mild as possible. The most resisting and suspicious patient, after she has received one or two treatments, usually submits



quietly and apparently enjoys them. It is my custom to have the baths administered between the hours of 10:30 A.M. and midday, and between 3:30 and 5:30 P.M., since the stomach is comparatively free from food at these times.

"In conclusion let me urge that more attention and consideration be accorded the therapeutic use of water in the hospitals under our charge. *I know of no other place where the principles upon which its action is based can be better studied, as we have every opportunity for its systematic, persistent, and scientific application.*"\*

The subjoined clinical summary from another great hospital may be cited as trustworthy evidence of results obtained from hydrotherapy in the management of the insane, in this country.

\*DANFORTH INSANE HOSPITAL,  
HAWTHORNE, MASS., February 28th, 1903.

"DEAR DR. BARUTH.—For the past four years, I have had considerable experience in the application of hydropathic procedures among the insane, and am convinced that in hydrotherapy the alienist finds one of the most effective means in treatment of the class of patients committed to a public insane hospital; and I will give you such impressions as I have formed, based upon experiences at this hospital.

"A. *As a Hypnotic.*—The measures adopted for this purpose have been the warm full bath and the wet pack. In administering these procedures to the insane, careful selection must be made for the individual cases. It is obvious that a struggling, maniacal patient would not be benefitted by a wet pack if his struggles continually disarranged the blankets, so as to allow the ingress of cold air to his body; neither would such a patient be aided by the warm full bath if his full strength was continually being exercised to escape from what might be to him a horrifying experience; but, in my experience, such cases are rare, and usually can receive hydropathic treatment in combination with the administering of hyosine or some similar drug.

"The warm full bath has been used comparatively little because of the lack of proper facilities, but it has been used advantageously in some cases of infection, motor excitement, and restlessness of general paralytics and profound neurasthenic conditions, characterized by insomnia and apprehensive restlessness. Almost without exception, the result has been a rapid cessation of the active motor excitement, frequently followed by sleep while in the bath or soon after removal. Patients who continued struggling against the immersion have been very few. The technique has been as follows: Cold compress to head, frequently cooled and replaced. Body immersed in tub containing water kept between a temperature of 90° and 100° F. The immersion has varied from a few hours to ten or twelve, and has been followed

\*Reprint from Proceedings of American Medico-Psychological Association, 1902.

by drying body and placing patient in bed with ample covering, and trying to promote sleep. Among the insane, this bath requires constant attendance of nurse.

"The wet pack has been used much more frequently and in a wider range of cases. Roughly speaking, it is indicated in cases of motor activity, feeble, restless delirium, and insomnia, and is contraindicated only in the small percentage of cases who will not submit to the procedure after repeated and careful application. The technique has been that given in Chap. 5, Part II., of your book.

"The duration has varied from an hour or two to the entire night in many instances where the patient has slept or remained quiet and comfortable during the longer period. The average duration has been three hours. The procedure has been followed by drying of body and rest in bed, provided with ample covering. Frequently, sleep follows soon after administration, and may be either titful or prolonged through the entire night without removal from pack. Usually, the patient tires of the restraint and requests removal after a few hours, and can reasonably be expected to have continuation of sleep, more or less broken as the case may be, during the remainder of the night. Rarely have the night nurses reported "no" sleep during the night following wet packs. I could cite many individual cases that have obtained many more hours sleep nightly following the use of the wet pack than they had enjoyed prior to its adoption, and the result could not be attributed to any other hypnotic measure. The cases are largely confined to the following groups: Manic depressive insanity in both phases, dementia praecox, the best results being obtained in the katatonie type, senile delirium, delirium tremens, and neurasthenia. I am convinced that the use of the wet pack in a carefully selected series of cases from these groups will be followed by an increase of sleep and reduction of motor activity, and that this agent has none of the objectionable features of the chemical hypnotics. It is easily applied in a hospital for the insane, and, excepting in rare cases, does not require a special attendant, which is a marked advantage over the full warm bath. Used in routine without discrimination, it would be of use in some cases and harmful in others, whose restlessness prevented proper application, but many of the latter will yield to carefully repeated applications.

"B. As a Febrifuge Tool.—A very large proportion of the cases admitted to Danvers show a disordered nutrition and vasomotor paresis, more or less profound, and characterized by enfeebled cardiac action, cold, cyanotic extremities and moist, clammy skin. These cases are confined to no groups of psychoses, but occur alike in all. They are almost without exception benefited by the measures employed in the douche room, and those, in the large majority of cases, are warmly appreciated by the patients. The applications have been carefully graded to the patient's individual capacity for reaction. The prescriptions have thus varied from the mildest to the most heroic measures. Neurasthenic, apprehensive women have been started on a course by drip sheet and massage in the wards, the temperature being lowered gradually from 75° to 69° F., and this followed after some days'



treatment by the hot-air bath from one to five minutes, supplemented by the fan douche box to sixty minutes' duration, temperature from 90° to 70° F., the reaction being aided by subsequent vigorous friction, and when possible, a stroll in the open air. Most of the cases can be started with a prescription something as follows: Hot-air bath to point of perspiration (temperature of our boxes 175° to 180° F.), circular bath or rain bath, either combined or separate, temperature 100° to 90° F., duration thirty to sixty minutes. Fan douche, temperature 95° to 85° F., duration thirty to sixty minutes. Spinal jet douche, temperature 80° to 60° F., duration five to twenty minutes. Pressure fifteen to forty-five pounds.

"Baths given twice a week to daily.

"Most initial prescriptions vary between these extremes and duration, pressure and temperatures are changed according to indications. The treatment usually continues over a period of months. Easily observed improvement in vasomotor tone and general nutrition results from this treatment. Bitter tonics, strychnine, etc., are sometimes given in connection with hydrotherapy. Nearly all these cases show improvement by more forcible and less frequent heart action, increased pulse tension, and disappearance of cyanosis and stasis of peripheral circulation.

"*C. As an Eliminator.*—While hydrotherapy as an eliminative is undoubtedly of benefit in cases of delirium from renal lesions and in the post-febrile psychoses, it is in the alcoholic group that the best results are seen. Most of these patients are received at the hospital suffering from acute alcoholism or delirium tremens, and their natural suffering has been frequently increased by from two to five days' incarceration in the cells of a police station, under observation and awaiting the usual routine of commitment.

"They come to the hospital delirious and actively hallucinated, suffering from malnutrition, cardiac weakness, and gastric disturbances; and, while nearly all can be expected to recover, with or without hydropathic measures, I am confident the control of delirium in the hallucinatory stage is sooner obtained, and subsequent convalescence from the results of a toxic state hastened by the measures employed here.

"During the past four years, one hundred and seventy-eight men have been admitted to the hospital, suffering from the varied effects of alcoholism. About seventy per cent have been cases of delirium tremens, and among the latter there has been one death. The patient in question was very ill at time of admission, and had a severe leucemia. One other patient was admitted who had a history of excessive drinking, and was suffering from lobar pneumonia at the time of commitment. His death followed, but while here he showed no characteristic evidence of delirium tremens.

"There have been many complications among the cases, principally of pulmonary and renal origin. The very low death rate is an argument for the treatment which is usually much as follows: The first delirium is usually controlled by giving from one to three doses of 'D. T.' mixture, containing morphine, potassium bromide, and chloral



in small doses. As soon as the patient's condition permits, the wet pack is employed and, under the combined influence, several hours of quiet sleep are obtained, usually within forty-eight hours after admission. The packs are continued until quiet, natural sleep results, which has usually followed in from two to five nights. At the outset, the bowels are opened by a saline. The diet at first is liquid, given often and in large quantities, with whiskey, strychnine, etc., given only in cases needing cardiac stimulation. Symptomatic treatment is given as indicated. Usually, before the end of first week, the patient is ready for douche-room treatment, which is given upon the lines before mentioned, with the addition of the employment of hot box to produce profuse perspiration, thus endeavoring to obtain the full eliminative effect of hydrotherapy by the use of the wet pack and douche-room procedures, given from three to five times weekly.

"The following figures concerning the last twenty-five alcoholics treated in the douche-room are submitted. Average number of treatments per case, 19.1. Average duration of treatment per case, 2.12 months. Average gain in weight, per case, 14.2 pounds. Coincidentally with gain in weight there has been an improvement in cardiac action, digestion, and rapid subsidence of mental symptoms. Patients suffering from drug habits have received practically the same treatment, and the few treated here in recent years have convalesced rapidly.

"In closing, will say that the Scotch douche has been employed freely in cases afflicted with vague neuralgia and rheumatic pains, with apparent relief to the suffering, real or fancied. The mental status of our patients nullifies observations of this character.

"The distressing vasomotor symptoms accompanying the menopause are greatly relieved by the douche-room treatment extended over a long period. Frequency and severity of the alternate 'hot and cold flashes' are diminished and a better vasomotor tone results from the tonic bath. . . .

"Thanking you for the kindness and courtesy shown me while under your instruction, I am, Very truly yours,

"H. W. MITCHELL,

"*Assistant Physician.*"

In a paper based on his large experience in the Michigan State Asylum at Kalamazoo Dr. A. McGugin\* considers the problem of treatment of the acutely insane to be threefold: 1, to eliminate waste products; 2, to limit so far as possible the output of energy; and 3, to feed the depleted nerve cells.

*Hydrotherapy* is of great value. Of all therapeutic aids in the management of the acutely insane, hydrotherapy is the most valuable and most generally applicable. Its effects can be classed under three headings: 1. Sedative; 2. Tonic; 3. Eliminative. For sedative purposes a prolonged tepid bath or pack is used, two hours or even

\* *American Medicine*, Feb. 23d, 1903.

longer. Such baths are indicated by insomnia and psychomotor agitation, whether exalted or depressed. For tonic purposes a fifteen-minute cold pack or a five-minute cold spray, following a ten-minute warm full bath or hot foot bath, is used. These measures are indicated in all states of depression, whether from pure melancholia, beginning dementia, or general paresis. For elimination the warm or tepid pack is used, followed by rubbing with alcohol. "Of all these procedures the most useful for general purposes is either the tepid or the warm wet sheet or blanket pack, followed by massage. It induces sleep in almost any kind of a sleepless case; it is a permissible form of restraint in cases in which motor restlessness or violence is a symptom, and, lastly, it is one of the most effective measures for increasing elimination by the skin. Its immediate effects are sedative, its ultimate effect is tonic. It is indicated in states of elation and in states of depression. In careful hands it is contraindicated in scarcely any case. Its application is easily learned, and the materials required are usually obtainable even in the most squalid surroundings."

In the annual report of the Eastern Maine Insane Hospital for 1902, Dr. G. W. Foster, the superintendent, writes: "It is perhaps not stating the case too strongly to say that no case in which hydrotherapy has been employed has failed to show nutritional gain.

"Of the various therapeutic results attained by its aid this is perhaps the most universal and far-reaching in its effects upon the various organs, some of our patients showing increase in weight beyond what they have ever before attained. Upon the heart and blood-vessel walls its effects are particularly perceptible through increased tone and flexibility, thus overcoming in a degree the effects of vascular sclerotic changes and apparently causing an arrest of such changes. The latter is doubtless a difficult matter to accurately determine, but it is an impression gained by nearly ten years' extensive use of this agent in a variety of cases; and the attention of those employing it is invited to this point for confirmation or correction. Upon the neurons in all their parts I have long been convinced that it is more direct and positive in its action than any other therapeutic agent at our command. (See report of the Government Hospital for the Insane, 1897.)

"An interesting series of maniacal cases has been met with during the year in which acute renal complications have seemed to stand in causal relation to the mental symptoms, as well as to other symptoms of grave neuro-cerebral type.

"I have before me clinical histories of six cases bearing a resemblance in symptoms, and manifesting the renal complication. There are other cases more or less typical of which we have record, but those now referred to all occurred among those discharged during the year as recovered.



"The symptoms are those of 'acute delirious mania,' having the dry brown tongue, rapid pulse, slight to moderate elevation of temperature, motor restlessness, active delirium and obstinate insomnia, and, in some cases, a degree of stupor. Such cases, as it is well known, tend to rapid exhaustion and death.

"The renal symptoms have consisted in marked reduction of secretion, often complete retention, requiring catheterization; marked reduction in daily excretion of urea (to one-quarter normal amount or less), notwithstanding the enormously increased metabolism; albumin, casts or blood in urine, singly or in combination.

"This complexus of symptoms presents a serious problem to the medical attendant. The clinical history of the cases treated here indicates that the suppressed renal function stands in the relation of a cause to the grave cerebral symptoms; for the latter disappear *pari passu* with the successful local treatment of the former. Therapy by drugs finds but a slight basis in either theory or experience. Diuretics may do harm, and so far as they merely increase the water excreted can do no material good if the organ remains engorged and its excretory cells paralyzed in their function.

"A safe remedy and one that has thus far proved promptly effectual in all cases thus complicated, occurring at the hospital, lies in the use of cold wet packs applied locally over loins and abdomen; in general cold packs, and cold tub baths—the temperature commonly employed being 70° F.

"The local packs are applied continuously, with renewals three or four times daily, until the urine approaches the normal amount and quality. Evidence of improvement is usually perceived within twenty-four hours, or at most forty-eight hours; and it may be necessary to continue pack from two to five or six days. When the local pack is discontinued a general cold pack (70°, one and one-half hours' duration) is given daily for some weeks.

"When there is elevation of temperature a cold tub bath is given, as may be indicated, for its stimulating and temperature-reducing effects.

"I confess on my own part a critical turn of mind toward such published accounts as the foregoing with such uniform results in treating a grave form of disease. I shall not, therefore, take it as cause for surprise if some should fail to regard it seriously. I would suggest, however, that the test is readily made, and the means are always at hand; there is no other reliable means of relief, and the prognosis of the condition, untreated, is undeniably grave.

"Renal engorgement of active or passive type does not contraindicate the use of tub baths at 70° if they are not unduly prolonged; but,



on the contrary, the bath is salutary. This has been demonstrated in the nephritis of typhoid. So far, however, as the nephritis alone is concerned, the local pack should have the preference as more effectual and convenient. The tub bath will control excitement and relieve the nervous symptoms, if the bodily temperature is above normal, and may therefore be used in connection with the packs. I would here make the general statement that *no diuretic, within the limit of my experience, is at once so effectual, safe, and generally applicable as the local packs.*"

The chief lesson which the author desires to impress by the somewhat extensive quotations from the reports of the American asylums, and especially by the reproduction of detailed histories, is the importance of an exact technique. The neglect of the latter has brought this remedial agent into unmerited disrepute. Dr. Foster's remarks (page 494) may well be heeded by those who regard water as so simple an agent that neither skill nor judgment is required for its administration.

The following extracts from foreign authorities may also serve to emphasize the importance of definite prescriptions for each individual case. In the text-book on "Clinical Psychiatry," adapted from Kraepelin's "Lehrbuch der Psychiatrie," by Diefendorf, hydrotherapy appears as a prominent measure in the management of nearly all tractable mental diseases.

"*Exhaustive Psychozes.*—The best means of inducing quiet is the prolonged bath—90° to 100°, fifteen minutes' duration, and even to several hours, with cold cloths to the head. If the patient exhibits fear in getting into the bath and requires holding, the bath can do but little good. In such cases hypodermics of hyoscin hydrobromate,  $\text{gr. } \frac{1}{32}$  to  $\text{gr. } \frac{1}{16}$  or fifteen grains of sulphonal may be given in combination with the bath. Hypnotics are usually contraindicated.

"*Acquired Neurosthenie.*—Next to isolation, insomnia must be combated—but before resorting to medical means, hydropatics should be thoroughly tried. Of these the most serviceable methods are the prolonged warm baths, 98° to 100° for thirty or forty-five minutes; cold ablutions; the spray, the simple douche, and the dripping sheet. In the last method, which may be carried out at home, after a cold ablution 85° to 75°, the patient standing in warm water or on a dry surface with a cold towel about the head, a linen sheet dipped into water 75° to 55° is wound dripping about the patient; the nurse at the same time applying friction until reaction takes place. The douche, as carried out at a bath institution, is of great value.

"*Mercurialismus* (page 140).—The greatest restlessness and insomnia often yield to ice packs to the head.

"*Dementia Precox*.—Insomnia at the onset may be controlled by lukewarm baths, conditions of excitement are best treated by prolonged warm baths, the extreme excitement sometimes encountered, especially in the katatonic form, may not yield to the simple warm bath, in which event one may successfully employ cold packs, at first preceded by trional, etc.

"*Melancholia*.—Insomnia, which is troublesome and often difficult to overcome, is best relieved by warm baths 98° to 100° which may be prolonged for an hour; these measures, well carried out, often render hypnotics unnecessary, the use of which is always inadvisable because of the prolonged course of the disease.

"*Manic or Depressive Insanity*.—Unrestrained activity tends to increase the excitement, and there is therefore an indication to limit as much as possible the pressure of activity. One of the best means of accomplishing this is confinement to bed, especially in those cases which are anxious and debilitated. In severe excitement, prolonged warm baths give excellent results; it, however, may be necessary in accustoming the patient to the baths to temporarily give a preliminary dose of sulphonal, etc.; this accomplished, the warm bath, properly applied, will often relieve the greatest excitement, and frequently render medicinal treatment unnecessary. After excitement subsides, the prolonged bath, combined with occasional freedom from all restraint, is of value."

These citations from a recognized high authority are the more valuable, in the author's opinion, because the description of the technique of some of the procedures by Kraepelin indicates that he writes from actual practical knowledge and not, as is too often observed with regret in some of our literature on the treatment of nervous diseases, from reading and imperfectly grasping the rationale of the procedures recommended. This author's frequent recommendation of the prolonged warm bath, the temperature of which he, in happy contrast to many of his specialist colleagues, never fails to state, would justify the reader's attention to the technique of this procedure as described on page 229. One point should never be neglected, viz., to maintain the water temperature with great care, and by watchful nursing and before the patient is returned to his bed to have the latter thoroughly warmed and the patient rubbed dry and enveloped in a hot linen sheet, in order that the cutaneous hyperemia which is so essential in the rationale of this procedure be maintained. When the patient rises out of a bath of 100° F. into an aerial temperature of 70°, the cutaneous vessels are contracted, unless this sudden transition is counteracted by the hot sheet and rapid removal to the warm bed. The neglect of this obvious oversight is the frequent cause of failure of this simple yet



effective calmative agent. A recent review of Kraepelin's hydrotherapeutic methods may add to the better understanding of this subject. Keraval\* writes: "Kraepelin, of Heidelberg, allows agitated patients to lie in a bath of 34° C. (93.2° F.) for weeks and months. Mania and the deliriums of paralytics are special indications. It is true it is sometimes difficult to keep these patients in the bath, both in the majority of cases who may succeed by patient suasion, salfoanal and hyoscin. In catatonias Kraepelin prefers the wet pack. The continuous bath operates as does the rest in bed, only it acts much more rapidly. Still all German psychiatrists are not convinced by Kraepelin; they refer to the difficulty of executing this bath and its great expense, also to the imperfection of isolation involved, as objections. Other authors, however, praise these baths, and lead the increase of tissue change induced by them. Taken all in all, these continuous baths, when adapted to each case, represent a positive enrichment of psychotherapy, while the cruel doctrines of former days have justly been discarded."

Weygandt favors continuous baths. "Extraordinarily valuable are the continuous baths in conditions of great excitement. Sometimes it requires several days to accustom the patients to it, after which they feel comfortable in the water, especially the maniacal, catatonic, paralytic, and delirious patients. The bath should be 35° C. (95° F.) of ten to twelve hours' duration, and meals may be given in the tub. Feeble patients require a hammock in the tub. Menstruation is not disturbed. These continuous baths are specially valuable in bedsores, which heal with remarkable promptness; also for injuries and small operations; antiseptics should not be added lest patients drink of the water. In exalted patients the appetite is sometimes greatly improved."

W. Alter† contributes, in an article on hydrotherapy in the psychoses, a clear analysis of the value of the continuous bath of one to twelve hours' duration and wet packs of one to twelve hours' duration. He finds warm baths of one to six hours' duration excellent procedures for sleeplessness in the excruciations of paranoias, as well as in hebephrenic catatonic patients. Prolonged baths (not under twelve hours) poured of prime service in hysterical psychoses. These continuous baths have proven an absolutely sovereign agent in all intense states of agitation. Not in a single case was it necessary to abandon the bath on account of failure. Seven hundred and fifty-two baths were of 12 hours' duration; 35 lasted 24 hours; 39 baths 36 hours; 6 baths for 2 days; 16 baths 3 days; 4 for 4 days; 5 for 5 days; 1 each for

\*Revue de Thérapeutique, No. 11, 1902.

†Atlas und Grundriss der Psychiatrie, München, J. F. Lehmann, 1903.

‡Fortschritte der Medizin, No. 36, 1903.



6, 8, 14, and 32 days. The largest percentage of baths was administered to parietics and maniacal cases of the manic depressive group. The continuous bath is the most valuable agent in neglected, unclean cases, proving often of surprising efficacy. When possible Alter confined himself to day baths, but these baths usually secured good nights in most instances. Wet packs (88° to 93° F.) up to twelve hours' duration acted very favorably in semi-quiet but sleepless parietics. Many preferred packs to baths. The pack is indicated in severe hallucinations and agitated melancholias. The greatest precision in technique and selection of cases is necessary. Alter expresses the belief that the water treatment will render the cell treatment quite unnecessary, superfluous, and diminish the resort to calumative medication greatly. "No matter how expensive it may be, hydrotherapy will always prove profitable."

**SUMMARY.**—The author indulges the hope that the above clinical data which he has gathered by correspondence and careful scrutiny of publications may prove an incentive to alienists to study more thoroughly the principles involved in the application of water in health and disease, to apply it with precision, and to incorporate the data obtained from observations in these cases in the histories and reports. He feels confident that by this course many valuable developments may arise which would lighten their burdens and diminish the great strain of managing these unfortunates.

Several asylums have sent their physicians and nurses to this city for instruction and training, the results of which may be discerned in the above correspondence. Dr. Dent's and Dr. Foster's statements on this subject may well be heeded, for the administration of water has usually been regarded as not requiring skill, judgment, and accuracy, an error which the large experience of these clinical alienists discovered, and which it is hoped may be remedied by proper instruction.

#### LEGISLATIVE ACTION ON THE HYDROTHERAPY OF THE INSANE.

The enormous importance which hydrotherapy has justly attained in the management of the insane is exemplified by the result of the wise and humane efforts of the Illinois Board of Charities to obtain a large appropriation for the installment of the apparatus required for this valuable method in all the State hospitals. In order to overcome the opposition rife among members of the legislature against this treatment, which by some was regarded as a fad and still in the experimental stage, this practical board obtained the views of eminent alienists on the subject and convened several conferences of superintendents for its discussion.

The author is indebted to the able secretary of the Illinois Board of Charities, Mr. Graves, for advanced sheets of its report to the Governor and Legislature. This paper is so full of important information on Hydrotherapy and of vital suggestions to asylum superintendents that the author feels impelled to reproduce it in abbreviated form:

Every State hospital for the insane in Illinois is so overcrowded that within six months it will be necessary to return patients to county almshouses. Insanity in the State institutions of Illinois is increasing at the rate of three hundred and seventeen new cases each year. Facing this problem, and informed that insanity has increased to an alarming extent during the last fifty years and that it is becoming more difficult to cure, the Board of Charities has developed policies which, if carried out, promise to relieve congestion in the State hospitals.

1. By educating physicians at hospital clinics to detect the early symptoms of insanity in unstable persons and by early treatment prevent their commitment to hospitals for the insane.
2. By treating by hydrotherapy (water treatment) acute cases sent to hospitals early in the illness so as to effect as many cures as possible and relieve the State of the care of such patients.
3. By re-educating chronic insane so that many of them can be wholly or partly self-supporting outside of hospitals.

#### USE OF HYDROTHERAPY ABROAD.

Hydrotherapy for the insane is used with marked success in Europe, especially in Germany, Holland, France, Belgium, Italy, Austria, and Greece. Cuba and Mexico apply it.

#### USE IN THE UNITED STATES.

The following is a list of public and private hospitals for the insane in the United States which use hydrotherapeutic treatment for patients:

Here follows a list of thirty-nine institutions in New York, Connecticut, Massachusetts, Pennsylvania, Michigan, Ohio, Wisconsin, Illinois, California, Maryland, and Rhode Island.

#### STATEMENTS REGARDING THE VALUE OF WATER TREATMENT FOR INSANE.

The following are statements from men of experience regarding the value of hydrotherapy in the treatment of the insane:

DR. WILLIAM A. WHITE, SUPERINTENDENT GOVERNMENT HOSPITAL FOR THE INSANE, WASHINGTON, D. C.

From our experience here I am inclined to the belief that no other therapeutic agent is so valuable as hydrotherapy in such an institution. I can tell you in a few words that the results of our experience are: In the first instance, we expect by the aid of hydrotherapeutic measures to practically do away with all forms of restraint whatever, either mechanical or chemical. The most recent statistics on the matter of restraint in our hospital show only one patient in nine hundred in mechanical restraint, and this low proportion is especially noteworthy because of the large proportion of

minimals of a dangerous type in our population, and it is due in the main to the wide use of hydrotherapeutic measures. In addition I might say that in a great many of our cases of poor nutrition there is a marked improvement in the condition of the patients under treatment, notable in the main by their gain in flesh.

DR. RICHARD DREWET, PHYSICIAN IN CHARGE OF THE MILWAUKEE SANITARIUM, FORMERLY SUPERINTENDENT AT KANKAKEE.

I consider it essential in accomplishing curative results. There is nothing but plain, sober fact in the statement that, for a large proportion of patients suffering from mental trouble, there is no one means so important.

DR. E. C. DENT, LATE SUPERINTENDENT MANHATTAN SEATE HOSPITAL FOR THE INSANE.

*In using hydrotherapy we dismiss sedatives, restraints, seclusion, and many objectionable features.*

The superintendents and medical directors invariably speak highly of hydrotherapy and its various forms as a *hypnotic and eliminative*. Where the continuous bath is used, and especially in the German clinics, without exception, they place the procedure in the foremost rank as a *hypnotic*. . . . Prof. Nissl, the Medical Director of the Clinic for Mental Diseases, University of Heidelberg, states that since the establishment of the continuous bath in 1903 he has abolished sedatives and hypnotics and no longer gives seclusion. In this clinic patients have been continuously in the bath for a period of nine months.

FROM MANHATTAN HOSPITAL SECTION OF NEW YORK COMMISSION IN LUNACY, SEVENTY-EIGHTH ANNUAL REPORT.

The two continuous-bath tubs located in ward 23 have been in almost constant use night and day during the entire year. A contract has been let for installing eight improved continuous-bath tubs for the women's division, and four for the men's division. We expect to get the very best results obtainable from the use of the prolonged warm bath. Patients are often continued under this treatment for weeks, resulting in the tub day and night, eating and sleeping while in the tub. They are at times, however, taken from the bath for the purpose of washing, or to allow a change, and are then placed in bed, or, if their condition will permit, are allowed about the ward for a time.

*Very few remedies of a sedative class are now given in this hospital, which fact I attribute mainly to the introduction of the various forms of treatment by hydrotherapy. In the men's division hydrotherapy has been put into practice with the most gratifying results.*

The following is quoted from previous notes made at the hospital:

"In acute maniacal conditions, or acute delirious states characterized by great motor activity, the prolonged warm bath has proven very efficacious. . . . After some hours in the bath produces sleep. In some cases of insomnia we have found great benefit in this way without the use of sedatives. In acute delirious conditions . . . the following results have been obtained: Restlessness has been reduced, sleep promoted and temperature reduced; we have also noted an increase of appetite, the patient taking food better, and deriving more benefit from the food. . . . In maniac depressive cases, mania furiosa, it is not unusual to leave the patient in the prolonged bath four or five days or even weeks. There is no doubt but the prolonged bath is a great benefit, and the cases from a mental standpoint are much improved.

DR. CHARLES W. PAGE, PHYSICIAN TO INSANE HOSPITAL, DANVERS, MASS., FROM TWENTIETH ANNUAL REPORT, 1898, PAGE 22.

In our experience hydrotherapy is a most gratifying substitute for hypnotic and sedative drugs. It seldom fails to relieve insomnia, and several



cases that could not be controlled by drugs readily yielded. It calms excitement, and chronic patients subject to periodical disturbances have had their attacks modified and cut short by the same means. Several cases of prolonged melancholia, on the very verge of dementia, have been cured while being treated simply by the external application of water.

DR. HENRY C. EYMAN, SUPERINTENDENT MASSILLON STATE HOSPITAL, MASSILLON, OHIO.

We have almost superseded drugs with hydrotherapy. I am a great believer in the practicability of a thorough equipment; in fact I do not see how we could run an institution without it.

The Government Hospital for the Insane at Washington, D. C., in its last report to the Secretary of the Interior, states the following as to the efficiency of the hydrotherapeutic equipment:

"The three hydrotherapeutic rooms have been in continuous operation and a large number of patients have been treated in them. This method of treatment seems to be highly advantageous and is especially beneficial in cases of the noisy and the disturbed classes of patients, who are often rendered quiet and enabled to sleep after the treatment. The success of this method of treatment has been so marked that it is hoped during the coming year to extend it somewhat by the introduction of the continuous bath. The equipment to be effective should consist in the following apparatus:

1. In the douche-room:
  - a. Controller-table arranged for hot, cold, and ice water, also for steam vapor. It should control the shower, perineal douche, Sitz-bath and full-bath. It should have the necessary regulating and mixing valves, the non-scalding valve, thermometer, pressure-gauge, and clock.
  - b. Shower and needle-spray, well built and supported in the floor. It is to provide side sprays and overhead douches, and is to be fed from the controller-table with water of any desired temperature and pressure.
  - c. The Sitz-bath, also controlled from the table.
  - d. Full-bath with same control.
  - e. Massage-table, preferably of marble.
2. The continuous bath.
3. The electric-light and hot-air cabinets.
4. The necessary rooms for dressing and resting.

Every institution for the insane which takes care of excitable patients needs the special continuous baths, the number and distribution of which depend entirely upon local conditions and class of patients received.

Whenever possible, a special small hospital ward should be established for the care of acute excited patients, and such ward should have at least one such bath for every four or five patients, so that during the most acute stage a patient may be left in the bath for a prolonged period.

It is much preferred, however, to have a special building built for the purpose of housing and treatment of this class of patients, as an ordinary ward never fully answers the purpose.

The cost of an equipment would be about as follows:

1. A controller-table with douche and spray, Sitz-bath, perineal bath, and massage-table, from \$800.00 to \$900.00.
2. A hot-air or electric-light cabinet, each \$200.00.
3. Each continuous bath with mixing chamber, non-scalding valve, large outlet, etc., \$95.00.
4. Necessary plumbing, according to location, from \$200.00 to \$300.00.
5. Cement or terrazo floor, marble, furniture, etc., from \$500.00 to \$1,000.

Taking for a basis the requirements of a hospital of about fifteen hundred patients of mixed type and figuring upon about forty excited patients needing special attention, the total cost should not exceed \$3,000.00, should the apparatus be installed in wards already existing.

If a new building is to be provided with a capacity for forty patients, its cost,

including all the apparatus mentioned, the building of fireproof construction with a system of forced ventilation and heating and with special safeguards provided for the supervision of patients, should not exceed \$35,000.00 or \$40,000.00.

The committee recommends on the basis of foregoing:

1. That each hospital for the insane be provided with a modern hydrotherapeutic equipment at the earliest possible time.
2. That each hospital make a provision to teach hydrotherapy to its nurses, preferably through a regular training-school course.
3. That so far as the resources of the State permit each institution be provided with a special building for the hydrotherapeutic treatment of acute excited patients.
4. That where such an appropriation cannot be secured, at least sufficient equipment be provided and installed in wards now existing to permit of effective hydrotherapeutic treatment of acute cases.
5. That the proposition of acute excited cases received determine the location of the most extensive hydrotherapeutic institute.

D. C. MEAD, M.D., SUPERINTENDENT SOUTH DAKOTA STATE HOSPITAL.

*Personally I regard hydrotherapy as the most important single therapeutic agency at present known in the treatment of conditions met with in institutions of this character.*

#### TEXT OF SPECIAL COMMITTEE REPORT.

The following is the report of the special committee on Hydrotherapy and Industrial Re-education and Recreation:

CHICAGO, Dec. 14, 1906.

*To the Honorable the Board of State Commissioners of Public Charities:*

Your Committee on Hydrotherapy and Industrial Re-education and Recreation has investigated and jointly discussed the several problems referred to it, and wishes to report the following as its joint conclusions and recommendations:

#### HYDROTHERAPY.

The effectiveness of water treatment is through its mechanical, thermal, and chemical properties, which can be made of soothing, stimulating, or irritating nature as desired. Through these properties it is capable of producing the following general results:

1. To very effectively change the distribution of blood in the various parts of the human body, that is:
  - a. Reduce local congestion.
  - b. Relieve local anæmia.
  - c. Increase or decrease velocity and tension of blood current.
2. To decidedly affect respiration:
  - a. By increasing it.
  - b. By decreasing it both in volume and frequency.
3. To very promptly affect muscular tone and energy:
  - a. Increase muscular tone.
  - b. Reduce muscular tension.
4. To radically affect bodily temperature:
  - a. Increase body temperature.
  - b. Reduce body temperature.
5. To affect the peripheral and central nervous system by:
  - a. Decreasing its irritability.
  - b. Increasing its sensitiveness and irritability.
6. To affect tissue changes, including secretion, excretion and absorption, therefore general nutrition, chiefly by its action upon circulation.
7. To either decrease or increase elimination of waste products not only through the skin, but through other organs of elimination.

These results may be obtained in the hands of a skilled operator with no detrimental secondary effects, and in that respect hydrotherapy is to be preferred to any other remedy.

Hydrotherapy is of *positive* value in every variety of insanity. In the most trying forms, suicidal and delirious, it is of greater value than any other treatment known.

Hydrotherapy has passed the experimental stage. Its results are not theoretical but positively proven. In various hospitals, particularly in Europe, hydrotherapy has been used extensively in the treatment of insanity for many years. Professor Kneipstein, as an instance, has used it in his clinic for about sixteen years and is enthusiastic about its efficiency.

The result of the report which incorporated the above opinions and deductions was brilliant. The Governor devoted a considerable part of his message to an intelligent and practical statement of the immense value of hydrotherapy in cases of insanity and "heartily favored the extension of this system of treatment to all the State hospitals receiving acute cases." This action was so remarkable and unprecedented that *The Medical Record* devoted an editorial to it with the caption "Therapeutics in a Governor's Message." The Legislature appropriated the sum asked for. The wisdom of this board is illustrated by the subjoined letter, and it is cited as an example worthy of emulation:

"STATE OF ILLINOIS,

THE BOARD OF STATE COMMISSIONERS OF PUBLIC CHARITIES.

SPRINGFIELD, June 8th, 1907.

"DEAR DR. BARNES:—As the General Assembly has provided money for installing hydrotherapeutic equipment in each of the Illinois State hospitals for the insane, the superintendents are anxious to avoid making any serious errors in selecting, installing, and operating the apparatus. May I ask you to write me, so that our superintendents may have the benefit of your experience, a statement of what several devices, with names and addresses of makers, you would recommend for use in hospitals receiving all kinds of insane cases, pointing out possible errors in selection and installation? How would you go about to secure a suitable instructor in the use of hydrotherapeutic apparatus, and how long, in your judgment, would it take to properly train enough attendants to skillfully handle apparatus for hospitals of 1,200 patients and of from 2,000 to 2,500 patients? About what would it cost a month for a suitable instructor?

"As the money for the water outfits will be available, it is expected, within a few weeks, I earnestly solicit an early reply to this letter.

"Thanking you in advance for such assistance as you can see your way to give, I am

"Very truly yours,

"WILLIAM C. GRAVES, *Secretary*,

"M."



## CHAPTER XXIX.

### THE HYDRIATRIC PRESCRIPTION.

THE reader who has carefully followed the description of hydiatric procedures and their rationale detailed in the foregoing pages may now appreciate the necessity for precision in the prescription of these procedures by the physician, and for exactness in their execution by the attendant. There are many conditions which are essential to the success of hydiatric treatment, and in which the well-informed physician need not be instructed if he has fully mastered the rationale of the procedure he desires to apply and the "hydrotherapeutic law" governing its application to the concrete case. There are some general rules, however, which need to be regarded with special care. Many, indeed most, procedures may be readily executed at the patient's home. Especially is this the case in acute disease in which ablutions, half and full baths, wet packs, or affusions are indicated. The fact should be ever present in the physician's mind that a reaction sufficient to fulfil the therapeutic indications, i.e., adapted skilfully to the condition of the patient and his malady, should be produced. In obscure cases even greater care is necessary, and for this reason many cases do much better in hydiatric institutions, where experienced physicians and attendants are accessible. The constitutional peculiarities—the age, sex, condition of blood-vessels, and nervous irritability—should be carefully ascertained. For instance, patients advanced in years, in whose vessels atheromatous changes have taken place, should not be subjected to prolonged procedures, which would throw too great a strain upon the inelastic and feeble vascular coats; patients who are anæmic or suffer from defective nutrition should not be subjected to procedures which abstract much heat. At the same time it should be borne in mind that brief applications of cold water, delivered under high pressure or accompanied by good mechanical irritation, are useful for anæmic cases, because they do not abstract heat and aim by their evanescent action to call forth a reaction which fills the stagnant vessels and counteracts the anæmic condition.

Some patients present idiosyncrasies which are as striking in hydrotherapy as they are in medicinal therapy. Contrary to the old hydropathic practice which is to-day not sufficiently disregarded, the author deems it wise in all cases to begin with the mildest procedures, and increase the duration and pressure, and diminish the temperature con-

tiously, until the patient's reactive capacity has been ascertained. A somewhat extensive experience has convinced him that, although water is a simple remedy and so easily applied that any one seems justified in using it, he must insist, with full consciousness of the import of his words, that no remedy in the entire materia medica demands as clear judgment and as much knowledge of the patient's condition as does the application of water.

The complicated nature of hydrotherapy becomes evident when we regard the fact that, unlike other remedial agents, there are several distinct elements involved in its "dosage." Water is for this reason capable of more varied and changeable dosage than any other remedial agent: its capacity for being applied in the solid, fluid, or vaporized (steam) state; the various methods of technique to which it may be subjected facilitate its adaptation to the most varied conditions of disease.

Since the chief therapeutic effect of water is derived, as we have seen, from its thermal and mechanical action upon the cutaneous surface, we find three methods of "dosing" it—by changing the *temperature*, *mechanical impact*, and *duration* of the application.

1. *Temperature*.—That the effect of any water application at 40° F. differs from that of water applications at 110° (both being within safe limits) is well understood; but the fact is rarely grasped that this represents an enormous latitude for grading its effect upon the human organism.

2. *Mechanical Impact (Pressure)*.—The difference in effect due to the method by which water is applied to the skin is not sufficiently recognized, and yet I need only refer to the fact that water applied by squeezing from a sponge or by submerging the patient in a tub of water (without any friction) produces quite a different effect, subjectively and objectively, from that produced by water applied with active friction, as in the Brand bath or delivered upon the body with thirty or forty pounds' pressure as in the douche.

In a lecture\* which the author had the honor to deliver by invitation of several medical teachers, in the German Hospital of Philadelphia, the effect of pressure was demonstrated as follows:

A patient whom the house physician Dr. Erssé represented as being in an ordinary condition of health, except that he was syphilitic, was selected. A jet douche upon the back at a temperature of 80° F. for two minutes, under a pressure of thirty pounds to the square inch, was applied. Wherever the stream impinged upon the skin the latter assumed a bright red hue; the cutaneous arterioles were dilated. He did not complain much of cold, although, being unaccustomed to such treatment, he did not find it very agreeable.

\* International Clinics, vol. vi., seventh series, 1897.



When the pressure of the stream was reduced to ten pounds, as indicated by the gauge, the skin was scarcely reddened, while an increase of pressure to thirty pounds brought out a red line, marking distinctly its course of impact. This experiment explained that we have a latitude of twenty-five pounds in this hospital apparatus (others furnish more or less), by which we may grade the force, and consequently the stimulating effect of the stream upon the sensory cutaneous nerve endings and the cutaneous vessels.

When the same stream of water, which was applied to the fairly robust syphilitic, was directed upon an emaciated, phthisical patient, whom Dr. Freese had also placed at our disposal, and who had just emerged from a hot-air bath, which facilitates reaction, very little redness was evoked, because the circulation of the patient was feeble.

This illustrates that water applications may be graded also according to the condition of the individual.

3. *Duration*.—Another important mode of grading or dosing water applications is by the duration of the procedure. If we dip one hand into a bucket of water at 40° F. for one second, remove it, and dry it, the skin will assume a ruddy hue, grow warm, and feel comfortable. If we dip the other hand into the same water for *five minutes*, considerable pain will be produced; the skin will become mottled, cyanotic, and, after it is dried, a considerable time will elapse ere warmth and comfort are restored. The effect of duration when the temperature and the subject are the same is made evident by this simple experiment. The duration of a water application offers, therefore, by judicious graduation, an excellent mode of "dosing" the remedial action of water.

4. *Technique*.—The various modes of applying water afford another method of dosing it, viz., making the effect feeble or intense. An ablution, for instance, at 60°, is a mild application, because it attacks only portions of the body successively, while a full bath at the same temperature would be obviously so intense that it must be used with great caution; a half-bath of the same temperature and duration would be less intense, etc.

A familiar example of the influence of varying procedures upon the therapeutic effect is offered in the application of cold water in the resuscitation of the still-born infant. Sprinkling the face and chest with ice water suffices in mild cases. If response cannot be thus obtained, slapping with a wet towel—adding the mechanical effect—is resorted to; this failing, dipping into cold water sometimes succeeds, and in extreme cases alternate dipping into hot and cold water offers a more intense stimulation of the sensory terminals, which convey the excitation to the central nervous system and arouse the reflex inspiratory effort which sets the wheels of life into motion.



That regard to the individual case is also demanded in the adaptation of hydrotherapeutic technique is made plain by the fact which the veriest tyro in medicine must appreciate, that the procedures adapted to the still-born child would be absolutely ineffective in a typhoid case, and on the contrary the friction bath which refreshes the latter would be fatal to the former. These self-evident propositions are mentioned only to emphasize that failure to obtain good results is frequently due to faulty technique, and that precision must be observed in prescribing it and in executing the prescription.

*Errors Commonly Committed.*—In order more earnestly to impress this necessity of correct technique, some of the errors often committed by otherwise well-informed men will be pointed out, and thus some useful, practical lessons for the guidance of the reader may be inculcated by example.

The history of the remedial use of water demonstrates that no other remedy in our entire therapeutic armamentarium has experienced so many changes in the estimation of physicians. At one time banded to the skies, it appears at another period entirely neglected; so that, despite its antiquity, water has not obtained a firm footing in therapeutics; despite its marked clinical results, it still requires to be brought to the attention of practitioners; despite its endorsement by the best authorities in ancient and modern practice and literature, the average medical man is not familiar with its history, action, and merits.

Indifference to a definite technique in the application of water has been the chief obstacle to the recognition of its value, and has rendered its application in the hands of many unsuccessful and discouraging.

Failure is the sure result of inattention to details. As a physician must judge the value of a remedy by his experience, it follows that failures to achieve the results which the experience of others had led him to expect has brought this remedy into disrepute, the fact unhappily remaining unrecognized that *not the remedy but its application was at fault*.

Our medical schools with very rare exceptions do not include hydrotherapy in their curriculum, the therapeutic use of water being cursorily mentioned in the lectures on materia medica.\* Some text-books on the latter teach it in a faulty manner. Witness the following quotation from the thirteenth edition of a justly popular text-book (page 29): "The object of the bath is a reduction of temperature, and unless this is effected there are no good results."

\* Since the above was written a Chair of Hydrotherapy has been established in Columbia University, with a tri-weekly clinic, and medical instruction is given in a few other schools.

Thus has it come about that not only is the average medical man poorly informed upon this subject, but even among eminent men in our profession a deplorable indefiniteness exists upon the principles and practices of hydrotherapy, which is manifest in society discussions and in the lectures from which our young men expect to derive instruction. A few examples to illustrate the correctness of this statement may interest the reader and prove instructive by pointing out the faults most commonly committed.

In a discussion on "The Treatment of Pneumonia of Infancy and Childhood,"\* the following reference is made to hydrotherapy by a justly eminent teacher: "The best antipyretic is cold. Cold bathing was once eulogized immensely, and again abhorred and warm bathing placed in its stead. The *raison d'être* of cold bathing is the cooling of the surface (that is, of fourteen feet in the adult, proportionately in the young), with its immense surface circulation. As long as this continues active, new blood will come to the surface every moment and the whole body is thereby cooled. When it is no longer active, the heart is weak, the extremities are cold, cold bathing is dangerous. The rule I have prescribed many years ago was this: No cold bath when once after it the extremities remain cold or cool."

This lecturer refers to the fact that he had "preached and practised this theory almost a score of years previously," and had at that time said:† "If there be anything I should rely upon in pneumonia, especially lobar pneumonia, when the fever is very high, it is *cold-water treatment*." He also refers in this article to the prejudice existing against cold water, a prejudice to which he attributes his expulsion from the staff of a hospital at that time. He prophesied at that time that "this prejudice would disappear, just as the prejudice against pure air has disappeared."

That this prophecy, made ten years previously, has not been fulfilled is evident from the following extract from Hare's "American System of Therapeutics," page 605, vol. i., 1891: "It seems strange that American physicians who are usually so prompt in giving all therapeutic measures a thorough and complete trial, should have so largely neglected and even condemned without adequate experience these measures."

Why has the enthusiastic advocacy of an able teacher, who has deservedly been followed by the profession in other respects, fallen barren, so that to-day the prejudice against the water treatment is almost as great, especially in America, as ever it was?

The reason is not far to seek. Had this author given more definite directions *how* cold the water should be, the *duration* of his bath or pack, the *frequency* of bathing or packing, his teachings would, I

\* Archives of Pediatrics, April, 1893.

† Medical Record, p. 389, 1879.



quise, have taken root, and would to-day have borne golden fruit in the hands of others, as the practice has done in his own hands. The author was careful enough to give in the same essay *minute directions* as to what he means by large doses of digitalis, and how these and other medicinal agents are to be given. But in his references to bathing he is, like too many other able writers and teachers, content to leave the important initiative to his reader's judgment. Many of the latter would properly regard "cold water" as water to which nothing is added, or just as it is obtained from the source of supply. The danger of such indefiniteness is made evident by the fact that in New York City the temperature of the Croton water varies from 45° in December to 75° in August. It will be readily seen that to the sensitive organism of a child it cannot be a matter of indifference whether water at 45° or at 75° is applied. Indeed, to a child, a "bath" at 75°, and even "packs" in sheets wring out of water below 60°, would be dangerous. *The lesson is evident that, in prescribing "cold-water treatment," or, more correctly, "water treatment," physicians, especially teachers, should be careful in giving as minute directions with regard to temperature, duration, and method as they are in the habit of doing when referring to medicinal agents.* The terms cold water, warm water, lukewarm water, hot water, indicate approximate temperatures upon which there is no consensus of opinion. Hence, it is far more scientific to abandon these terms, and always refer to water at definite degrees of temperature, at defined pressure, giving clearly defined methods, duration, and frequency of repetition. This has been my unvarying practice for many years. I have reiterated it upon every occasion, because, as I have shown, the value of these therapeutic procedures depends upon such precision, and their universal adoption can be expected only when their value can be demonstrated by comparing results of many observations made under similar conditions.

In contrast to the above faulty teaching may be cited that of A. Bagmsky,\* who reports on thirty cases of croupous pneumonia in children, giving the most minute details of the hydropathic procedures, their exact temperature, duration, etc.

Another illustration of the damage inflicted upon patients and upon the progress and acceptance of hydrotherapy, may be drawn from the following incident:

In February, 1889, I presented before the New York Medical Society the first plex for the Brand method of bathing in typhoid fever, which had never before been discussed in any English-speaking society. That it was received not only without approbation but with decided condemnation did not surprise me, for on the day preceding this meet-

\* Archiv für Kinderheilkunde, p. 23, 1891.



ing a now eminent teacher of medicine had informed me that he never intended to use so heroic a remedy, because he had seen the able visiting physician of the hospital in which he had served as an interne "kill a patient" by this treatment. Inquiry into the cause of his antipathy elicited the fact that this so-called Brand bath consisted in *wrapping the patient in a sheet, placing her on a Kibbee cot, and sprinkling her with ice-water until the mouth temperature showed marked lowering.* A brilliant young man, a teacher and hospital attendant, was thus bitterly prejudiced against a method of bathing, of which, as the sequel proved, neither he nor his justly eminent teacher really knew anything. Both regarded the lowering of temperature as the chief aim of the cold bath, and looked upon any mode of applying cold water as a Brand bath, losing sight of the difference in effect arising from a difference in technique. To wrap the patient in a sheet and sprinkle him with ice water, as was done in the case cited above, is a deviation from the correct technique of the typhoid-fever bath. Such a procedure does not fulfil its main object. After the first shock has passed no opportunity is given for reaction, because the sprinkling of ice water continues; the cutaneous vessels and the elastic tissue of the true skin contract, as evidenced by *cutis anserina*; the extreme cold imparted by the wet sheet without remission maintains the contraction of the cutaneous vessels, benumbs the sensory nerves, and thus impedes the transmission of the shock and subsequent stimulus, even if the latter has caused in an exceptionally strong individual. The absence of friction in this faulty technique (which in the Brand bath stimulates to reaction, and by widening the blood area of the skin cools a large quantity of blood and relieves the laboring heart) frustrates completely the true aim of the cold bath.

The surface temperature is indeed reduced by this improper method, but the blood is driven to the interior, congestions are favored, the organs are overloaded, and the patient emerges from such a bath (save the mark!) a shivering, cyanosed weakling.

Even such a sheet bath as was used by the distinguished hospital attendant referred to could, by proper understanding of the *rationale*, be made to serve a useful purpose. Nerve stimulus rather than temperature reduction should be the object. If the sprinkling were done rapidly with water at not less than 60°, if each part sprinkled were thoroughly rubbed with the flat hand of an attendant until warm, and thus every part of the body sprinkled, rubbed, slapped, and warmed up until it no longer responded by warming up, the dangerous contraction of the cutaneous vessels would be obviated, the vasodilators would be stimulated, a reaction would take place whose transmission to the brain would be salutary (see *Sheet Bath*).

That the false procedure above quoted proved fatal is due to an error in technique, based upon a misconception of the *rationale* of the cold bath in typhoid fever.

The incident is referred to in detail, for the purpose of "pointing a moral" and impressing thereby a useful lesson.

I am happy to state that both preceptor and pupil\* have learned to practice the Brand method with success. They have mastered the technique and follow it closely with rare exceptions.

That the best judgment must be applied to the technique of this treatment very soon becomes apparent to the observant practitioner. The ideal results obtained by Brand and others in twelve hundred cases bathed before the fifth day without mortality can be realized only by following the exact technique of Brand. V. Ziesssen testifies that whenever he deviated from the strict Brand method he had cause to regret it, and my own observation in consultation cases which are seen too late corroborates his experience.

These incidents may suffice to show that even eminent clinical teachers have failed to obtain ideal results, because they deviated from the ideal technique, each one modifying it to suit his own fancy, without actual experience with the better methods. That physicians must blindly follow the dictum of Brand or of any other is not demanded, but the Brand method, which is definite in its technique, must not be charged with failures attending its modification, any more than Bergmann's aseptic surgical technique should be charged with failures attending the neglect of any one of its exacting demands. For instance, the physician who does not begin bathing before the diagnosis is positively confirmed by the roseola cannot expect that freedom from lethal complications which early bathing surely brings, though he bathes exactly according to Brand throughout the case. He will surely have a smaller mortality than another who begins regularly in the second or third week, or one who uses higher body temperatures as indications for the

\*This gentleman said in a letter to the author, dated December 9th, 1895: "When I commenced my service at the hospital the 1st of last August, I had had no experience with the Brand bath in typhoid fever, and I am free to confess that I was prejudiced against it. Since that time I have had fifty-two cases of typhoid fever under my care in the hospital. Eighty-four of these cases at least I have given Brand treatment. I am now a believer in it. I believe the temperature of the first bath should be higher than ordinarily given, say 70° or 80°, and lower in each subsequent bath, until, say, after a light-dose they will stand a temperature of 60° or 65°." It may be added that a temperature below 60° F. is a deviation from the Brand method, which has proved serious in the cases cited, and that this teacher abandoned it and became one of the enthusiastic advocates of the Brand bath.



bath, or one who adopts higher temperatures to please the patient or his friends.

The best results can be obtained only by minute attention to all the details of the method.

I have availed myself of this illustration of the subject, because extensive observation and careful inquiry among practitioners in Germany and in this country have convinced me that the lack of appreciation of the therapeutic value of this method of bathing and its consequent feeble recognition by the profession may be ascribed to losing sight of the true principles of the Brand bath, and consequent too liberal deviation from its correct technique. The latter is doubtless the cause of the disrepute of the Brand bath in Germany, where the justly great authority of Curschmann has inveighed against it "because the temperature—50° to 60° F.—is dangerous." Brand never ordered bath temperature lower than 65° (15° R.).

Physicians always insist upon exact dosage of medicinal agents, the exact time and mode of their administration, frequency of repetition, and even their exact preparation. I plead for the adoption of similar care and attention in the prescription of water as a remedy as the only means of preventing the future disrepute of hydrotherapy.

Precision in technique is quite as important in the treatment of *chronic diseases* as in the acute. That the medical profession has not yet accepted this idea is illustrated by the prescription blanks of a certain hydrotherapeutic establishment, which read, "Give the bather a douche, wet pack, sulphur bath, etc. The physician may strike out the bath not wanted." One may as well write a prescription reading, "Give the patient a dose of quinine, morphine, or calomel," without specifying exact dose and mode of administration. Such a prescription would be regarded as incomplete, indeed as absurd. That a prescription for a bath or other hydropathic procedure *without exact statement* of temperature, duration, mechanical impact, and method is equally incomplete, needs but to be pointed out.

In a large hospital which boasts of a hydrotherapeutic department, prescriptions are often sent to the doctress, a man of no medical knowledge whatever, reading as follows: "Give this man a douche"—temperature, duration, and other details being left entirely to the discretion (?) of this man. Among the prescriptions of a large private institution the "hot box and Chassot douche" is a favorite with a certain justly eminent man. The duration of the hot box, which can be prolonged until the patient faints without immediate harm, the pressure, temperature, and duration of the Chassot douche, whether the latter is to attack the spinal region or the entire back—these details are entirely left to the judgment of non-medical attendants.



The import of temperature and duration and mechanical impact of every hydropathic procedure requires to be impressed with emphasis. Every physician realizes the difference of effect arising from different temperatures, and yet we constantly read directions for cold baths, tepid baths, hot baths. By a cold bath is commonly understood a bath to which no hot water has been added. Such a bath in New York City, as has been shown, would be 45° F. in midwinter and 75° in midsummer, as ascertained by exact observations in the Hydropathic Institute. That thirty degrees would produce an enormous difference in effect goes without saying. And yet the exact temperature of a bath is rarely designated. The difference of effect in the duration of a bath is also readily recognized, but that friction during the bath or a pressure of thirty pounds would produce an entirely different result from a pressure of five pounds needs to be practically\* observed to be fully appreciated.

Just as the Brand bath has failed in the hands of those who modified or changed its technique, so has *hydrotherapy in chronic cases* failed because of inexact technique. It cannot be sufficiently reiterated that temperature, pressure, duration, and method should be prescribed and practised with as much exactness as the dose, prescription, and method of administration are stated in prescriptions of medicinal agents.

Phthisis may be offered as an illustration. The technique in this disease has been described (page 413). If this careful technique be not observed, if the patient be subjected to lower temperatures or higher pressures in the beginning, his reactive capacity would not be equal to the demand and the result would be serious and discouraging. A young hydrotherapist, recently returned from Germany, expressed great surprise that a case of phthisis which had been under hygienic treatment and diet, improving and gaining weight steadily, had begun to lose weight after douches had been used one week. To her question as to the probable cause of this result, I replied that there was "something wrong with the hydrotherapy used in the case." Upon asking her to detail the technique, she said that she had followed the plan adopted at the Montefiore Home—to dilate the cutaneous vessels by a hot-air bath before applying the douche. When she was asked how long the patient remained in the hot-air bath, the reply was "until she perspired freely." Here was the defect of the technique. The object of the hot-air bath in phthisis and other diseases manifesting defective nutrition and a tendency to emaciation is to dilate the cutaneous vessels for the purpose of enlivening reaction, but not to promote tissue change,

\* See "The Practical Application of Hydrotherapy," a clinical lecture delivered at the German Hospital, Philadelphia, by Simon Baruch, M.D., p. 293. *International Clinics*, July, 1897.

which is evidenced by excessive rise of temperature and perspiration. As the latter method is adopted in treating obesity, its inappropriateness in phthisis is at once apparent. Bearing in mind the feeble circulation in phthisical patients, a gradual training of their reactive power, a daily neuro-vascular discipline as it were, is demanded, and not a reduction of flesh and vitality.

The following example of faulty hydrotherapy may also be instructive. From a published lecture on neurasthenia, delivered by an eminent teacher, the following is quoted: "The cold-water treatment in the morning is apt to bring about a very beneficial change. I will suggest various methods of applying the treatment, which you can use in all cases, rich or poor, old or young. The top of the head and the nape of the neck are points of attack. Have the bathtub one-third full of lukewarm water so that the patient may stand in it without getting chilled; then if the bath has a douche attached, you may allow the shower to play on the top of the head and then down the nape of the neck; or you can slap the nape of the neck and the spine with towels wrung out of very cold water; or let him take a large sponge dipped in cold water, put it on the top of his head, and let the cold water run down his back. Nothing produces so good an effect on the nervous system as the trickling of cold water; it is not so good simply to wash with cold water; trickling out of a sponge is the proper way to apply cold water."

The indefiniteness of this technique is apparent, and may serve as a lesson of "how not to do it." According to the locality in which cold water is administered, its temperature may be 40° in midwinter or 80° in midsummer. And yet this lecturer says not a word about temperature. The trickling of cold water over the body needs but to be mentioned to provoke a feeling of chilliness; playing a douche of cold water over the head and spine of a neurasthenic of the excitable type would set him wild, while the same treatment may benefit the depressed neurasthenic if it be brief and daily and gradually lowered.

The recklessness of these suggested modes of applying cold water becomes more glaring when compared with the same lecturer's directions for the use of strychnine and phosphorus. He is quite explicit with regard to the preparation, dose, and combinations of these remedies. If he had followed the same course in describing the water treatment, by stating the temperature of cold water and of the very cold water; the pressure of the douche, which from the height of a few feet is a chilling drizzle, while from a height of fifty or sixty feet it stings and arouses the vasomotor nerves to an intense and pleasant activity; the duration of the treatment, which, if left to the patient, often bears unhappy consequences; he would not have failed to reach the proper



method. I am glad to say that this teacher has recently published a valuable work, in which the directions for hydrotherapy are quite precise and well considered, and which testifies that the propaganda for scientific (*i.e.*, exact) hydrotherapy is bearing rich fruit.

Another eminent teacher advises neurasthenics to plunge into a tub of warm water (temperature not being stated), then allow cold water to run into the tub until the water surrounding the patient is cool; this temperature again being left to the judgment or caprice of the patient. Here the very common error is committed to obviate shock. This is the lawless dread of inexperienced prescribers of cold water, who disregard the fact that the reaction following the shock is the aim of hydrotherapy when applied as a tonic or as a nerve stimulant, and that the reaction is exactly in proportion to the preceding shock.

It is unhappily a very prevalent error to regard the most agreeable bath as the most salutary. We do not so reason in the application of medicinal agents, of electricity, or of diet. And yet the application of water may be made agreeable by gradually accustoming the patient to lower temperatures, slowly reducing them every day or two, making the application brief at first and increasing or decreasing the duration and pressure day by day. The prime essential, however, should always be borne in mind that reaction is *veritas*, that this cannot be evoked without some "shock," that the more intensely the latter can be borne the more effective the reaction; but the more brief it is, the less unpleasant.

If the physician bears in mind that his object in treating a case is an increase of the quantity of blood circulating in the cutaneous vessels, an enhancement of the nutrition, a stimulus to the entire nervous system, he will endeavor so to order the technique, provided he has mastered its details, as to evoke this salutary reaction without excessive shock.

For the attainment of satisfactory and definite results in hydrotherapy, a correct prescription is therefore paramount. This cannot be too often and too earnestly impressed upon the profession. Acute diseases, like typhoid fever and pneumonia, are under constant observation of the physician, who may at once note the result of an improper hydropathic technique and modify it, or, as is unfortunately more often done, relinquish it altogether. In chronic cases much damage may be done before the physician discovers it, if the treatment be not in the hands of trained and intelligent attendants who are under medical supervision. Too often the details are left to laymen because physicians have not received instruction in the rationale and technique. The result is as Dr. Vogl, medical director of the Bavarian army,\* says:

\* *Physicians are themselves to blame if hydrotherapy is chiefly practiced*



*by hygienists who know as little of the disease they are treating as they do of the effect of water, and thus damage not only the patients who confide in them, but also the cause of hydrotherapy."*

During a visit to twenty-five institutions in Germany and France in which hydrotherapy is practised largely, I was astonished and chagrined to find only four which had a stationary thermometer to indicate the temperature of douches, and only two which had gauges in use to indicate the pressure applied. The technique cannot be controlled with any degree of certainty without these accurate aids. Nevertheless, good results are obtained, because in most of these institutions the treatment is administered under the eyes of experienced physicians.

To avoid injurious shock and gradually educate the patient's reactive capacity should be our guide in the hydiatric prescription. To enable me to accomplish this end with precision I have, without neglecting other hydiatric procedures, resorted to douches, with which I am able to grade the temperature, duration, and pressure, and thus adapt the shock and reaction to the patient's capacity and endurance, and to note the result definitely every day. Thus we may proceed with intelligence and judgment in meeting the indications of each case, by changing the procedure or by increasing or diminishing temperature, duration, and pressure accurately from day to day.

*Conclusion.*—The reason that different results are obtained by different physicians from the application of water may be found in the technical errors committed on account of an erroneous conception of the rationale of hydrotherapy. To avoid this rock upon which many have split, the reader will do well carefully to study not only the technique, but the rationale of each procedure, and use a definite prescription for applying it.

The clinical histories have been related chiefly to emphasize the manner in which the technique may be changed to adapt it to varying conditions, and to enable physicians to write distinct and positive directions for the nurse, who should be watched. If this cannot be done it were far more wise to refrain from this treatment unless a physician who has cultivated this special field can be reached to take charge of the case.

Obstinate cases of nervous, gastric, pulmonary, cardiac disease are constantly referred for treatment to specialists in these branches by the family physician, even when the diagnosis is not in question. The same course may be followed with advantage to patient and doctor alike when other remedial agents fail, by resorting to specialists in hydrotherapy, through which, as the celebrated Naples clinician Semola has written, "frequently real marvels of restoration in severe and desperate cases have been obtained."

## CHAPTER XXX.

### HISTORICAL EPITOME—THE LESSON—NECESSITY FOR INSTRUCTION IN HYDROTHERAPY.

THE history of hydrotherapy forms the most interesting chapter of the history of medicine; it illustrates how prejudice may thwart progress and how enlightened physiology and pathology have tended to reinstate a valuable but neglected remedy.

What remedies have survived since the days of Hippocrates and Galen? The application of diet and the use of water are really the only remedies which have withstood the test of time. Blood-letting may be cited to illustrate the fate of a remedial agent which has no rational basis. This heroic measure has for centuries been advocated and defended by the leaders of medical thought and practised by the rank and file of the profession. Nevertheless, the last third of the nineteenth century witnessed its complete downfall from a position which no other therapeutic agent has ever occupied. As soon as the progress of physiology and pathology gave the physician a clearer insight into the vital processes in health and disease, blood-letting lost its prestige beyond recovery. Water, whose origin as a remedy is coeval with blood-letting, but which has never attained such marvellous dominance over the medical mind, enjoys to-day greater confidence and is more genuinely appreciated than at any previous time. Despite professional and lay prejudice, it stands to-day secure against successful assault, by reason of its rational basis and favorable bedside results.\*

A rapid glance over the history of hydrotherapy suffices to show that water is an orthodox remedy, having been first dilated upon in the works of Hippocrates, who correctly insisted that cold stimulates and warmth relaxes, and who applied it in many diseases with skill and judgment.

Among the noted men who warmly advocated water in disease may be mentioned Asclepiades, whose eminence is attested by his being the friend and physician of Cicero. He really foreshadowed "the cellular theory" by teaching that not the juices of the body but its elements and atoms are active in health, and that a disturbance of their activity

\* "System of Practical Therapeutics," Hare, vol. i.



constitutes the essence of disease." He cast aside all spoliative medication and depended chiefly on diet, exercise, and baths. Celsus, Themison, Celsus Aurelianus, and Antonius Musa were his disciples, all men who occupy high places in the history of medicine. Celsus was the physician of Ovid and Publius Maximus. Musa restored the Emperor Augustus and the poet Horace to health by cold baths (Suetonius). The philosopher Seneca became an enthusiastic "psychrolutes," after he was cured by cold water prescribed by Charmis.

The greatest physician of the seventh and eighth centuries, Paulus Ægineta, was an active hydrotherapist; he applied cold affusions in apoplexy and anuria.

In the twelfth century Van der Heyden collated three hundred and sixty cases of malignant dysentery cured by water. Van Helmont regarded baths and affusions as superior to medicines.

In 1697 great propaganda for hydrotherapy was made by Floyer, a learned English physician, whose book was translated into German, and converted Prof. Friedrich Hoffmann. Being regarded as the most able physician in Germany, the latter diffused the knowledge thus obtained and elaborated by him over all parts of Europe.

The body physician of Frederick the Great, Theden, treated small-pox, malignant fevers, and rheumatism with water.

In 1743 Hahn taught its value in small-pox and other exanthemata. That justly great physician, Hufeland, was so warm an advocate of hydrotherapy that he offered a prize for the best treatise on the action of cold water in fever, the prize being obtained by Professor Frölich, physician to the Austrian emperor.

Despite the advocacy of these and other eminent men, water did not attain popularity until Priesnitz came upon the scene. This remarkable empiric was so successful that he treated in 1840 nearly sixteen hundred patients from all parts of the world. Many physicians from foreign lands visited this peasant water doctor, and became missionaries of hydrotherapy.

In Germany his followers were mostly laymen. Nevertheless, the impress of his life and work can be noticed to-day.\*

Germany has been a fruitful field of research and practical demonstration in hydrotherapy, in recent times as well as in the past.

The founder of homœopathy (Hahnemann) appears to have possessed correct views on hydrotherapy. He wrote: "If there be a universally useful remedy, water must be one." After describing his method of treating old ulcers of the leg by cold foot and general baths, he dilated judiciously upon inexactness of application as follows: "The degree of temperature of each bath and the movement in it must

\*The "Priesnitz Umschlag" is a reminder of this influence.



be adapted to the improvement in strength; the weakest body may thus reach the strongest bath, if the exact prescription of the doctor be followed with punctual assiduity." "I have never ceased to wonder how our greatest physicians could be so negligent in their prescription of the cold bath. They order half baths or full baths morning and evening, and this is their idea of a prescription. Of the degree of cold, the exact duration of the bath, and other indispensable points not a word. Surprise at the frequently reported ill effects of such cold baths must cease when these mutilated, inexact, three-syllabled prescriptions produce results quite opposite to those aimed at." This sound criticism may be justly applied to the present generation of physicians, who would add vastly to their efficiency by heeding the advice of this eccentric but evidently observant man.

To Prof. Wilhelm Winternitz, who graces the chair of hydrotherapy in Vienna, medical science owes nearly all it has learned about the scientific uses of water in disease. He dedicated himself to the development of hydrotherapy in his graduation thesis, which concluded with the hope that "the knowledge of the uses of water in disease would become the common property of medical men." Before his time there existed no physiological basis for hydrotherapy. He infused the true scientific spirit into its study and practice, and built upon this foundation the noble edifice upon which medical men may now rely in the hour of direct need. The most important truth of hydrotherapy, its primary action upon the nervous system, was clearly brought out by Winternitz, who showed that even in fevers this effect is paramount and the antithermic effect is secondary. As a teacher, his genial manner and clear presentation have conveyed the knowledge of the value of water in disease to students from every land, who have become missionaries of his good work. Physicians and nurses are sent to him for instruction from the Bavarian and Austrian armies. Winternitz has published over two hundred monographs and works, which, having been translated into every language, serve everywhere as beacon lights to the searcher after truth. As a practitioner his wonderful success is illustrated by the institution at Kaltenleutgeben, which has increased from eighteen patients in 1862 to two thousand patients in 1896. He created the first hydrotherapeutic clinic (a part of the Allgemeine Universitäts Klinik in Vienna) at his own expense. When the introduction of antitoxic therapeutics threatened the disparagement of hydrotherapy, as of all other therapeutics, this grand man, fortified by physiological, pathological, and therapeutic learning, clearly set forth the scientific truth that, while water possessed no antitoxic virtues, it aided nature in its battle against the manifestations of toxæmia, by improving cardiac action, vivifying the nervous system, and further-

ing the oxidation and elimination of toxic products, thus establishing more firmly than hitherto the scientific basis of hydrotherapy. This doctrine he had taught years ago, but its acceptance was slow; it is now almost universally accepted.

The application of cold water became one of the methods in the modern expectant treatment of acute diseases. The greatest progress in this direction was initiated by Ernst Brand, who, in 1861, published his remarkable results from baths of 65° F. in typhoid fever. The methodical use of these baths has become classical, and will probably remain so until specific antitoxic methods are discovered. Jürgensen, Trache, Liebermeister, Führlinger, Leyden, Ziemssen, Strampell, Filshie, Naunyn, von Mering, Senator, Goldscheider, Leyden, Curschman, of the present generation, favor active hydrotherapy in febrile diseases, and place it at the head of all remedial agents, but unfortunately they have not given the Brand bath a fair trial. This is the most painful incident in the history of hydrotherapy. Despite the fact that in the eighth decade of the last century the most accurate statistics and bedside observations in the most reliable hospitals (army) of the world had attested the life-saving value of the Brand bath in typhoid fever, and despite the further fact that these statistics were vouched for by the Imperial Statistical Bureau in Berlin over the signature of Professor Guttschalt, the German teachers did not subject this method to a fair (if any) trial in the civil hospitals and condemned it as barbaric, heroic, or otherwise reprehensible without actual trial (see Curschman's condemnation in *Notknagel's cyclopaedia*). Condemnation of reformers in medicine and their persecution has not, alas, been rare in the history of our calling. Harvey was driven out of London, Semmelweis was driven to a lunatic asylum, and our own gentle Oliver Wendell Holmes was ridiculed by the "professors of the great schools in Philadelphia." Brand, after positive demonstration of the life-saving value of his bath, was simply treated with contempt and, like the great Harvey, obtained vindication in foreign lands (France and the United States). The author shall always regard as his best achievement the introduction of the Brand bath to his colleagues, and he is proud of the spirit of fairness with which American physicians gave it practical trial (page 192).

On its value in chronic diseases we have the testimony of many teachers, among whom is Prof. F. A. Hoffman, of Leipzig, who says: "Cold water is a therapeutic agent by whose correct application we may most surely and without danger of reaction exercise and invigorate the nervous system, and herein I seek its fundamental significance in the treatment of all possible internal diseases. *I am convinced*

\* "Allgemeine Therapie," Leipzig, 1892.



*that in time all throat diseases of the organs will be drawn into the domain of the bath treatment."*

For many decades Winternitz had stood alone in Europe valiantly battling for instruction in hydrotherapy. Erb, Charcot, and Senarola practised and advocated it in their respective countries; they did not teach the technique, for the simple reason that they had not been taught this most important subject. They sent their patients to specialists in hydrotherapy. The latter continued to exist precariously in a commercial sort of manner; it was aptly named by Winternitz "the stepchild of medicine." Suddenly there came a great revolution. The reason thereof was the rise of the *Naturkräfte* of whom Father Kneipp was the most prominent exponent. When the author visited Germany in 1890 he found magnificent institutions, like the *Zimmerman* at Chemnitz, drawing large *diascides*. The enormous inroads made by these empirics upon the income and status of the medical profession was creating great alarm, as is evidenced by the plea of Professor Credé\* insisting upon the necessity of applying hydrotherapy and other physical remedies in the hospitals, and pleading for instruction in these branches in the universities. He claimed with clear discernment that "*if physicians were better versed in these branches, the field of operation of many quacks would be greatly curtailed.*"

The serious inroads of these empirics upon the interests of the medical profession led to the appointment of a "commission for the revision of medical examinations," of which that eminent and practical teacher, Professor Krausnau, acted as chairman. His report† clearly set forth the alarming conditions which were existing and becoming more acute constantly, and suggested the remedy as follows: "It cannot be denied that the faith in prescriptions is waning among educated people, and that confidence in dietetic remedial methods and in the curative power of water is in the ascendant.

"Even the lower strata begin to realize how much may be accomplished with air, water, and proper regulation of habits of life without the use of medicine. A distrust against even the most powerful and indisputable medicinal agents is becoming more pronounced in large circles. Water is the chief agent, which has won steadily growing confidence as a remedy, because, unlike every other, it may be utilized in varied and changing temperatures and forms of application, for the most varied therapeutic purposes. According to the correct and skillful selection of the procedure, it regulates the circulation and distribution of blood, the production of heat and tissue change, and influences the respiration and the nerves.

\* *Berliner klinische Wochenschrift*, 26, 1893.

† *Deutsche med. Wochenschrift*, 1896.



"The treatment by water has passed its childhood days, when it still staggered upon feeble limbs, and not infrequently did as much damage as is done by improper medication. Ripened experience and physiological knowledge have fortified the treatment and rendered it safe. Hydrotherapy, combined with diet, may undoubtedly be of about, or not in, the case of numberless acute and chronic diseases.

"Of hydrotherapy the young physician knows almost nothing when he leaves the university. Unfortunately he sooner or later may encounter discomfiture when an uneducated water doctor steps in and cures the patient after he has failed. Deeply chagrined and disappointed in his confidence in scientific therapeutics, he may pass into the camp of crude empiricism.

"Here lies a great gap in the education of our physicians; here lies the real cause of weakness in the contest for the favor of the public which sooner or later must be encountered by the physician with the layman who may have gotten experience in water treatment or be naturally adapted for it. A revision of our course of study must be made above all things."

The effect of this vigorous arraignment of the whole profession for neglect of the most important remedial agents was magical. Clinics were erected in Berlin, Leipzig, Heidelberg, Breslau, Jena, and other schools; teachers made pilgrimages to Vienna, where the high priest of hydrotherapy had for years wearily preached the same doctrine. As a result of this response to a crying need, physical remedies obtained more recognition.

To-day not alone do most medical schools on the Continent teach hydrotherapy, but the interest of this subject has awakened a literary activity in the special lines of physical therapeutics, of which hydrotherapy is the chief. A number of special journals are now published, of which the *Zeitschrift für physikalische und diätetische Therapie*, by Leyden and Götscheider, is the most prominent.

Thus has it come about that the "instinct of self-preservation," that most potent of all factors in life, has accomplished what Winternitz and a few earnest and courageous men had failed to do.

In the Balneological Congress held in Munich in 1896, the chief of Professor Leyden's clinic, Dr. G. Klemperer, gave a résumé of the methods used in the clinic by advice and with the co-operation of Professor Leyden. He emphasized the fact that "the effects of hydrotherapy are derived from an extraordinary, quite incomparable excitation produced upon the nervous system, which is transmitted to various organs." In this address he dwelt upon its value in neurasthenia, asthma, functional and organic cardiac, gastric, and intestinal diseases, which have been referred to in the clinical portions of this work.

In Italy, where the eminent Savonarola had early established water as a remedy by his work, "Tractatus de Omnibus Italiae Balneis," a priest damaged its reputation by senseless enthusiasm. Pater Bernardo, living in the island of Malta, was the precursor of Kneipp, of whom so much is heard to-day. He practised many of the same methods (walking upon wet grass and upon wet stones) and attracted all Europe with his "miraculous cures." He was followed by Todaro and Sauges, in 1722. The former paraded as "Medicus per aquam," the latter as "Medicus per glaciem," both filling their credulous patients with ice water, and rubbing them with snow and ice, while they fed them on three or four yolks of eggs a day. This quackery again caused water to fall into disrepute among physicians. Its value ceased to be recognized until Gimino, professor in Milan, published in 1805 his work, "Della Natura delle Febri e del Migliore Metodo di Curarle," in which he substituted baths of from five to fifteen minutes for Currie's affusions in fevers, gout, and rheumatism. Thus the empirics caused an indifference to the remedial value of water to result, which continued for eighty years.

Italy was rescued later from indifference to hydrotherapy by the teaching and writings of many eminent men—Roelli, Baglivi, Bellini, Vallisani, Cyrillo. These, with Michelotti and Cocchi, were the forerunners of men like Cantani, Seminola, and Vinal, who have in more recent times illustrated the value of hydrotherapy clinically and physiologically. Some of the most notable investigations upon the effects of hydropathic procedures emanate from Vinal and Maggiora. Seminola, professor of therapeutics in the Naples University, whose lectures (1896) were translated into German with a laudatory preface from Professor Notknapel, taught that "hydrotherapy stimulates cutaneous activity, and with it all functions of tissue change and organic purification, so that often real marvels of restoration in severe and desperate cases are accomplished. Unfortunately these remarkable results are more rare to-day than they were in the time of Priessnitz, of which I was myself a witness. The reason appears to lie in the fact that hydrotherapy has become the monopoly of the exclusively trade doctors, who treat the various maladies without strict selection of the hydropathic procedure in each case, etc. *Hydrotherapy presents a truly rational treatment, and therefore certain and unvarying effects, unless the local processes have reached incurable limits (atheroma, visceral arteriosclerosis, etc.). In such cases, indeed, pharmacology alone is also powerless in its results.*"

In one of the hospitals in Florence, Italy, the author saw the best douche apparatus in Europe, in March, 1900.

France.—A general practitioner, Schœdel, who studied hydrothe-



rapy in Germany, was the first physician who demonstrated the value of cold-water applications in the building up of failing compensation in valvular diseases of the heart, and as a tonic in tuberculosis.

The great Magendie also increased our knowledge of the effects of water by physiological demonstrations.

Fleury founded a distinct school of hydrotherapy by the introduction of *douches* as the chief method, fortifying his clinical results by physiological and rational deductions. He claimed that cold douches are a reliable substitute for quinine in malarial diseases, and that they are of great value in tuberculosis and anemia. By his indefatigable labors and physiological demonstrations, as far as the knowledge of the day enabled him, he gave an impetus to the systematic use of the *douche*, which is to-day recognized as the French method, and which has become famous through its advocacy and application by Charcot, Dujardin-Beaumetz, and others.

An incident occurring in 1839 furnished an interesting illustration of the status of hydrotherapy in France. Two regular practitioners, Esqel and Wertheim, petitioned the French government for permission to open a hydropathic institution. The petition was referred to the French Academy of Medicine, which appointed a committee, consisting of Bouillieaud, Velpeau, and Roche. The last-named delivered such a tirade against hydrotherapy, characterizing it as "dangerous, unscientific, chimerical, and opposed to the simplest laws of physiology and pathology," that the sixty members present made an adverse report. Permission being denied, Wertheim demanded a bedside test. Gilbert and Dercogis applied hydrotherapy in the Hôpital St. Louis, and reported so favorably that permission was granted by the ministers. A few years later Semmeltien, who was sent to Germany by Marshal Soult to study hydrotherapy, reported that, "while it cannot be reckoned a universal remedy, the numerous permanent cures it has wrought in intelligent persons commend it to popular attention. The interests of humanity and medical science demand that a demonstration of the technique and action of hydrotherapy should be made in Paris under the eyes of able physicians." This unbiassed and sensible report gave a great impetus to the development of hydrotherapy among French physicians, to whose honor it redounds to-day.

France has steadily advanced in the development and practical application of hydrotherapy. The great clinician Charcot applied it constantly in his practice, and doubtless owed much of his remarkable success to the judicious use of water. He was in the habit of referring his cases to Keller in Paris, and to the hydrotherapeutic establishments of Dicon and other rural resorts. In acute diseases the missionary labors of Glénard, who learned the Brand method while a



prisoner of war at Stettin, and of his fellow townsman, Tripser and Bouveret, who have written an excellent treatise which has been translated into the German language by Pollak, are noteworthy. The scientific investigations of Roque, Weil, and A. Robin, on the effect of the cold bath upon urinary excretion in typhoid fever, have become classical. To-day France is the stronghold of the Brand method. Hulinel, Guizon, Renda, Jehel-Renoy, and others, have emphasized the value of bathing in pneumonia and the exanthemata. "A prophet is not without honor save in his own country."

The works of Dujardin-Beaumetz, Delmas, Daval, Reni-Bards, Glatz, and Chazot afford evidence of great activity on the part of modern French physicians in hydrotherapy for chronic diseases.

Water-cure establishments did not until recently multiply in France as they did in Germany after Priessnitz, because the laws against lay practice are more stringent in France. This fact has caused a marked difference in the development of water institutions in these two countries. Physicians of scientific attainment entered upon the investigation of hydrotherapy in France with zeal, while in Germany the natural prejudice entertained by the medical profession against the empiricism of Priessnitz and his followers for a long time prevented educated physicians from attaching themselves to water establishments. To-day the pendulum seems to have swung in the opposite direction, judging from the number of medical men who claim to be followers of the priestly water apostle, Kneipp. The "Naturarzt" is more or less persecuted in Germany, where he practices his crude art of healing unheeded, while in France the medical profession is protected against these charlatans.

In England hydrotherapy has not obtained a foothold among physicians, despite the fact that some of our best works on the subject emanated from English authors in the latter part of the eighteenth and early part of the nineteenth centuries.

That English physicians are not at the present time better acquainted with the methods of Floyer, Currie, and Wright in the treatment of fevers is a deplorable fact, illustrating their neglect of medical history and inattention to the medical achievements of men whose labors were better appreciated in foreign lands.

Currie's work was translated into several foreign languages, and his practice was introduced into the Vienna hospitals by Joseph Frank. Currie introduced affusions in the treatment of fevers, and this really pointed the way to the Brand method. In gout and convulsions, paralysis and tetanus, and other diseases he also claims to have had good results.

A careful search for the cause of the desuetude into which the use

of water has fallen in England, despite its advocacy by its most eminent medical men in the seventeenth century, develops the fact that Floyer's writings were so enthusiastic and convincing that many intelligent lay people espoused the methods advocated by him. Among these was a minister of the gospel, John Hancocke, who in 1723 wrote "*Feltrifugum Magnum, or Common Water the Best Cure for Fevers,*" which reached seven editions in one year. The enormous influence of this work upon the lay people is explained by the popularity of his book. With natural aversion, English physicians neglected a remedy which had thus been lauded into popularity. Even such influential men as Pitcairne, Cheyne, and Huxham, who appreciated and advocated its use, could not establish a permanent position for it. As a result this valuable remedy, especially in its application to chronic diseases, fell into the hands of irregulars, who erected hydropathy into a system of treatment and still more decidedly estranged regular practitioners from water as a remedy. The practice and writings of Drs. Wilson and Gull, of Malvern, in more recent times, may be cited to confirm this statement.

Many years of active and careful propaganda will be required to regain the ground that was lost through the bitter opposition aroused by the writings of John Hancocke and his ilk.

It is a sad commentary upon the indifference to the history of medicine to note the neglect of scientific hydrotherapy, even in acute diseases, which exists in England to-day. In the summer of 1896 the author visited one of the largest and most modern hospitals in London. Making the rounds with the able and otherwise progressive physician, a case of typhoid was reached, which was receiving expectant treatment. When I asked if the Brand method or any positive water treatment was used besides sponging, the attendant exclaimed, "Do you approve of such heroic measures?"

In a discussion of the treatment of fevers in 1895 by the British Medical Society, a general condemnation was meted out to cold baths, because "they are heroic." Only one timid advocate was heard in their favor. But Prof. William Osler, of Baltimore, stated on that occasion that "were the Brand method more heroic still he would use it, because it saves life." This incident occurred in the country which gave birth to, and in which lived and practised James Currie, whose writings had inspired Brand!

When the author requested the editor of a prominent British medical journal to publish a plea for the more general application of water in disease, in February, 1900, this gentleman protested that such a plea was not necessary, because the British literature on this subject was abundant. In order to convince this editor, the author requested the



librarian of one of the largest medical libraries in London to furnish him the titles of all articles and books on pure hydrotherapy, written by physicians during the past quarter of a century. The number of this literary treasure reached eleven! It is gratifying to the author to state that since the publication of his "plea" in the *Medical Press and Circular* of London, the attention of practitioners has been directed to this valuable agent, and frequent reference to its use is now found in English literature.

In America the application of water in disease has until recent times been vague, and its advocacy rather timid, probably because the earlier text-books on medicine were reproductions of works by English physicians, who, as I have shown above, have exhibited a singular indifference to hydrotherapy. The most earnest non-empirical advocates of water in disease in America prior to the author's propaganda were Drs. Abram and Mary Putnam Jacobi, of New York, and the late Hiram Corson, of Pennsylvania, who illustrated its value in a large *clinique*, and to whose writings I owe my earliest inspiration and example.

During the past two decades quite a change has been wrought in the attitude of American physicians toward hydrotherapy.

Dr. W. H. Draper, professor of clinical medicine, Columbia University, in an address\* on hydrotherapy before the New York Academy of Medicine, said: "In persons whose nutrition has been enfeebled by chronic disease, and in neurasthenia, hysteria, and hypochondriasis, its good effects are very striking. It seems to be more effective than any treatment by medicine in stimulating the nerve centres, in restoring the equilibrium of the circulation, and in reviving the activity of the organic functions."

In February, 1889, I presented before the New York State Medical Society the first plea made in this country for the cold (Brand) bath in typhoid fever. It received only condemnation in the discussion which followed. In commenting upon this paper, the *Medical Record* of February 16th, 1889, said editorially: "It will be difficult to persuade the profession to adapt the heroic method of cold bathing."

These discouragements were offset by the request from Dr. Austin Flint, in charge of the first division of Bellevue Hospital, to explain the technique of the Brand bath to his staff. And it was at once adopted by him and brilliantly confirmed by Peabody, Ball, and James, in their clinics and lectures. In 1890 I read a paper in the New York Academy of Medicine, a report of which, published in *The Medical Record*, stated that "Dr. Alfred Leomis said he would take the first opportunity of giving this method a trial," and "Dr.

\* *Medical Record*, April 25d, 1902.



Delafield said that he had had no real experience with the Brand bath.\* Both of these teachers began to teach this method at once, as I learned from reliable members of their classes. That their teaching had fallen on fruitful soil is evident from the fact that in 1902 Dr. Gilman Taunton's text-book on practice stated that "the mortality from typhoid fever in the New York and in the Presbyterian Hospital had been reduced from sixteen to six per cent by the Brand bath." And in 1903 the late Dr. H. P. Loonis reported to the Practitioners' Society that "the mortality from typhoid fever in the New York hospitals had been reduced fifty per cent by the systematic use of the Brand bath."\*

Inasmuch as the mortality from this disease from 1878 to 1885 in the New York hospitals had been calculated by Dr. Delafield to be in 1,300 cases 24.66 per cent, it is evident that the Brand bath had saved about one thousand lives in the hospitals of New York alone during the past fifteen years. Since the method may be more perfect in private practice, the saving of life would seem enormous. That this was the result of *instruction in hydrotherapy* of typhoid fever "goes without saying."

The Brand method is at the present time practiced in the best hospitals of this country. I am able to make this statement positively, because I have addressed letters of inquiry regarding their present attitude toward the Brand bath to the most prominent clinicians, and the replies are unanimous in the same vein as the following just received from the professor of practice in Columbia University and physician to the Roosevelt, Bellevue, and other hospitals: "In reply to your favor of the 13th I beg to say that I am continually using the Brand treatment in typhoid fever and still regard it as of the utmost value. My views as to its efficiency have not changed in the past few years. I remember very well your introduction of the method, and that we are indebted to you for many earnest and valuable contributions upon it, and especially for your emphasis on the necessity for using it thoroughly." How different is the response to a similar inquiry ("Umfrage") sent out by the "Deutsche Klinik" in the summer of 1907! Only one of these professors in Germany referred to the bath, and he condemned it as barbarous. A practitioner who had the temerity to intrude himself into this august symposium stated that he had personally witnessed the brilliant results of Brand in the Franco-Prussian War, but he had abandoned it because it did seem so barbarous. Was ever mankind's sympathy more flagrant! The German—Brand—has been vindicated by American physicians, history has repeated itself! The Brand bath has been demonstrated as the most valuable

\*Medical Record, January 25, 1902.

method in typhoid fever by the German Army surgeons and later by the enormous statistics of Medical Director Vogl, of the Münchener Garrison Hospital, where over eight thousand cases were recorded during forty years under all the prevailing methods of treatment. The lowest mortality was from the strict Brand bath, 2.7 per cent; the highest mortality was from the expectant treatment, 20.7 per cent. What the mortality of typhoid fever is in the hospitals from which the "Unfrage" was answered does not appear; these professors simply give their "views" without corroborative evidence. The American professors offer not only their views but furnish clinical proof of their correctness.

Hydrotherapy is now regularly practised in many of our metropolitan hospitals in acute diseases.

The author introduced its systematic application for chronic diseases in the Montefiore Home for Chronic Invalids in 1887. Many other institutions have since that time had similar apparatuses constructed, and are applying water successfully in chronic diseases. The results have been most favorable in lunatic asylums, because in these institutions it is applied systematically and with precision. See Chap. XXVIII. Thus an epoch in hydrotherapy has been inaugurated, which is unique in the history of this subject.

Other evidences of awakened interest in the subject have been elsewhere referred to.

Many American health resorts and sanatoria practise hydrotherapy in the old-fashioned hydropathic manner. Recently the German practice of attaching hydrotherapeutic establishments to good hotels at health resorts has been initiated in this country. The Lakewood Hotel (winter) in New Jersey, the "Mecklenburg" of Chase City, Va., the Homestead at Hot Springs, the Palm Beach Hotel in Florida, and the Hotel El Paso de Robles in California have obtained complete hydrotherapeutic equipments, which are superior in efficiency for the correct application of temperature, duration, and pressure, to those which the writer has seen in Germany or France, and which are under the direction of educated physicians.

The author has established a hydropathic department in the Riverside Baths, to which many physicians and dispensaries\* send obstinate cases for treatment, the attendance at which has increased from 2,106

\*To facilitate the utilization of hydrotherapy, the author has devised a prescription blank for dispensary and other physicians, stating name, diagnosis, and treatment desired, whether tonic, useful in anemia, chlorosis, neurasthenia, and other affections depending upon defective hematosis and nutrition; alterative, useful in rheumatism, gout, diabetes, and other diseases depending on defective tissue change; or cleansing. The treatment is executed by the attendants trained by the author, and is reported to the physician in charge.



in 1895 to 16,012 in 1902—incontrovertible evidence of the increasing appreciation of the value of hydrotherapy. Bellevue Hospital has also followed this initiative. The Park Avenue Hydræiatric Institute of this city, which was inaugurated in 1892 for the purpose of promoting the use of hydrotherapy in chronic diseases, has administered over 100,000 treatments to patients referred by over one hundred physicians. It is to be hoped that such institutions may multiply in our cities, and that they may always be under the direction of educated physicians, and not be "run" by masseurs and bath nurses, who have so often brought hydrotherapy into disrepute among physicians.

These evidences of growing appreciation of the merits of hydrotherapy among American physicians offer to the author a gratifying finale to this brief historical résumé of the subject.

*Conclusion.*—An unbiased study of the entire history of hydrotherapy develops the fact that the great clinical teachers of the present day reaffirm their faith in a method of treatment which has received the highest sanction from Hippocrates, Asclepiades, Celsus, Hufeland, and Currie. For a long period the medical profession had received its chief information on water from men who, though honestly striving for the propaganda of water as a remedy, were regarded as enthusiasts whose views were probably tinged by prejudice in favor of their methods of practice. Some faint shadows of the bitter but just prejudice which Priesnitz and Hancock and their ignorant and blatant followers had aroused in the minds of medical men still seem to fall upon those who attempt to secure attention to hydrotherapy. To remove this fallacious and mischievous idea is one of the aims of this work.

The testimony of clinical observers, not connected with hydrotherapy as a specialty, has therefore been cited to define clearly its status at the present time, as evidenced in the clinical portions of this work.

History has repeated itself here as in other departments. The opinions of the most judicious, philosophical, and successful physicians of past ages have been sustained by the judgment of this enlightened era.

The student of the history of hydrotherapy must observe that it has passed through many cycles in the estimation of physicians. It would be profitable to ascertain the causes of these fluctuations in order to avoid their adverse influence in the future.

Just as among the ancients we find among the most renowned physicians the most active advocates of water as a remedy, so does its history in modern times develop the same fact. The simplicity of this remedy, however, antagonized the pedantic and self-important members of the profession. When laymen, who must have learned its value from observing its effects in the hands of physicians, espoused



it, the latter became entirely estranged. Thus did it come about that Priessnitz created a sect, the *hydropaths*, whose influence for the popularization of the treatment was in inverse ratio to its adoption by the profession. And *this blighting effect of the empirical exposure of water as a remedy is to-day mainly responsible for the aversion which many physicians feel to its adoption.* This aversion is least pronounced in France, because that country has not been so extensively invaded by the water quack, and its hydrotherapeutic institutions are under the care of educated physicians. In Germany, too, where Ziemssen, Broad, Juergensen, Wiaternitz, and others have labored to prepare a scientific basis for hydrotherapy, prejudice is rapidly disappearing among the rank and file of the medical profession. This is also the case in Italy.

In England and America, however, much agitation will be required to induce physicians to wrest this valuable therapeutic agent from the hands of the empirics, to whom their indifference appears to have delegated it. Great progress has, however, been made since the publication of the first edition of this work. Very recently Dr. J. H. Kellogg has published a large, almost encyclopedic work on "*Rational Hydrotherapy*," which is exhaustive of every detail and adds a brilliant contribution to American medical literature.

Are we, as medical men, just to ourselves or to those who intrust their lives and health into our keeping, in maintaining an indifferent attitude? Calm reflection must bring us to realize the fact that the application of water in disease is the most orthodox therapeutic measure in medicine, having (as I have shown) been fully treated by Hippocrates, and taught by the most eminent and judicious men who have illuminated medical history, and that therefore hydrotherapy deserves to be liberated from the abused and undeserved stigma of relationship with empiricism.

The excessive medication, combined with blood-letting, which, as referred to above, characterized the practice of medicine in the early part of this century, gave way to what was termed therapeutic conservatism. The writings of Bigelow and Flint in this country, and of Doel, Wunderlich, and others in Europe, developed the expectant method of treatment, which aided the system in its battle against disease instead of fighting the latter at the expense of the former. The therapeutic nihilism resulting from the abandonment of excessive medication causes many physicians, especially in Germany, to shrug their shoulders when discussing treatment, while they glow with enthusiasm when the bacteriological or pathological aspect of the case is considered. As a result of this indifference to therapeutics, a sect of "nature doctors" (*Naturärzte*) has appeared, who propagate their therapeutic ideas by lectures, books, and periodicals, and thus succeed in driving the physician from the field. The empirics like Priessnitz,

Hancock, Gertel, Pater Bernarbo, and their ilk are to-day represented by the followers of Kneipp, who used cold water in the most crude methods, and combined it with herbs and teas, but chiefly depended upon abstinence in diet and mode of life. The water procedures of Kneipp are based upon the idea that the body must be forced to produce its own reaction, a correct principle if not indiscriminately applied to patients whose reactive capacity needs gradual training. To neglect of the latter may be ascribed the numerous sad failures reported by reliable observers, but never published by the Kneipp enthusiasts. In this country there are several "Kneipp cures" which eke out an existence. It would seem that the practical American mind may by proper instruction be held aloof from this fad.

### THE LESSON.

The study and judicious application of hydrotherapy in regular practice will accomplish more for the protection of the people against the quacks than prosecutions through legal channels. It is not wise, however, to treat the doings of these people with contempt and to shrug our shoulders when their "cures" are brought to our attention. The patient cares little how he is healed; he certainly prefers to be cured by the empiric to being kept in continuous pilgrimage to the scientific doctor's office. A correct diagnosis does not interest a sick man so intensely as correct treatment.

### NECESSITY FOR INSTRUCTION IN HYDROTHERAPY.

The author hopes to bring the medical profession to a realization of the danger which by reason of their indifference threatens them and their *clients*, by presenting the above brief *résumé* of the history of water as a remedy. He would urge most earnestly a careful, conscientious, and thorough investigation of its physiological and clinical claims, and the introduction of means for better instruction of medical students in the theory and practice of hydrotherapy. Happily some of the most earnest teachers in Germany are now making an effort in this direction.

The addition of hydrotherapy to the clinical curriculum has recently been agitated in the German Parliament, and has culminated, through the intelligent recognition of Director of Education Althof, in the establishment of a chair on hydrotherapy in the Berlin University, to which Professor Brieger, the renowned clinician and bacteriologist, has been assigned.

The medical director of the Bavarian army, Dr. A. Vogl, has recently \* recommended the instruction of medical officers of the army in hydrotherapy, and has induced his government to send a number of

\* *Münchener medizinische Wochenschrift*. No. 27, 1896.



army surgeons to the Hydrotherapeutic Clinic of Professor Winternitz, in Vienna, for this purpose.

Vogl regards "the insufficient education of medical men in physical therapeutics, especially in hydrotherapy, as a serious defect, which injures physicians in their earlier practice, and for which it is difficult to compensate later." He justly holds that "hydrotherapy should be taught in its entirety, as Winternitz has done, upon a physiological basis. By lectures and clinical demonstrations it should be brought before the student just as other therapeutic agents and methods are offered to him—as obligatory branches of study. When this is done, hydrotherapy will become the general property of all physicians, and not be practised as a special and distinct method."

"Here lies a great gap in the education of our physicians; here lies the real cause of weakness in the contest for the favor of the public which sooner or later must be encountered by the physician with the layman who may have gotten experience in water treatment or be naturally adapted for it. A revision of our course of study must be made, above all things.

"The teacher of clinical medicine has now so many duties to perform in his work of instruction that no time is at his disposal for familiarizing his students with hydrotherapy. In order to instruct them more than superficially, distinct chairs and clinical divisions are required, in which appropriate cases may be treated by hydrotherapeutic procedures. These lectures could be combined with others on balneology and purely dietetic treatment, but, for Heaven's sake, let not this professorship be connected with that on pharmacology!"

As has been referred to above, this clear presentation of facts has inaugurated an epoch in medical teaching in Germany. The humane and scientific spirit of the medical profession was emboldened by that most potent of all influences on human action—the law of self-preservation.

In this connection the views of Professor Vierordt, of the Heidelberg University, are of great interest, as showing that the seed which Winternitz many years ago sowed is now about to reach fruition in his own country. Vierordt says: "All signs indicate that hydrotherapy will succeed in obtaining a distinct and clear position in medical science, and that it will correspondingly reach the consideration in medical instruction to which it is entitled. Hydrotherapy can be taught only practically, because it must be applied more individually than any other therapeutic agent."

\* "Ueber den wissenschaftlichen Entwurf zur Revision der deutschen medizinischen Prüfungsordnung," 1894.



Professor Vircovich\* has established an arrangement for baths, douches, massage, etc., in connection with his polyclinic, where trained attendants apply them under strict medical supervision with regard to temperature, duration, and force. One of his assistants resides near the institution and watches over its work. "All expectations have been amply fulfilled. It is utilized for instruction of small groups of students in the polyclinic, who thus learn practically, under the personal supervision of the professor and his assistants, the indications for and application of the more simple and useful hydropathic methods. Experience gathered in this small institution warrants the recommendation that facilities for ambulant hydropathic treatment should be connected with every medical polyclinic, for the benefit of patients and students alike. *Hydrotherapy should be included in medical instruction, not as a specialty; it should be brought completely into the domain of our scientific curative agencies by the careful selection of procedures and of cases to which it is adapted.*"

In Leipzig Professor Wundtschil and in Cologne Professor Mathes teach hydrotherapy.

In Dresden Professor Credé† also insists upon the necessity of applying hydrotherapy and other physical remedies in the hospitals.

In Berlin in connection with Professor Brieger's chair of therapeutics, a hydrotherapeutic institute has been built on the Charité grounds, where, during a recent visit by the author, he saw large numbers of German, Swiss, Austrian, Russian, and Japanese physicians attending the clinics.

From recent correspondence with Professor Brieger it appears that this clinic has been enlarged twice by reason of the increased number of students. In a recent letter Professor Brieger writes: "I rejoice that hydrotherapy is, under your guidance, gaining ground in America, and that it may soon become the common property of physicians as it is with us."

In America also a plea for instruction in hydrotherapy has been published. Dr. Frederick Peterson, chief of the Neurological Clinic in the College of Physicians and Surgeons, Columbia University, wrote: "Many of the scientific principles of hydrotherapy have already been established, but it would be well worth while to carry out at a few of our clinics and in the physiological laboratories some of the elaborate experiments with water which are frequently resorted to for the purpose of demonstrating the uses of new drugs. It would be well if some of our large schools would initiate a course of lectures on this

\*Deutsche medicinische Wochenschrift, 1897.

†Berliner klinische Wochenschrift, 26, 1895.

‡American Journal of the Medical Sciences, February, 1893.

subject." This plea of a justly eminent alienist, like those of the author, remained unheeded for ten years.

With regard to the teaching of hydrotherapy in our schools, it is unnecessary to add anything to the pleadings of recognized teachers, with whose views the author is in entire accord. My personal intercourse with many physicians affords daily illustration of the truth of their statements and the correctness of their views. I would most earnestly commend to the consideration of the faculties of our progressive medical schools the example of the Universities of Vienna, Heidelberg, Berlin, Jena, and Leipsic.

Much time that is now wasted in teaching the properties and application of drugs, which are rarely used in practice, could be profitably devoted to the clinical study of the action of the most powerful remedial agent. In view of the importance of the branch, the course adopted by Columbia University, which makes hydrotherapy an obligatory study in its clinics and lectures, is worthy of imitation. Twenty years ago the Dean of the faculty of the University, who was urged by one of its most eminent professors to add hydrotherapy to its curriculum, regretted that this course was impossible because the curriculum was overcrowded. It seems that by proper pruning of the latter the chair of hydrotherapy has been made possible under the present administration. A hydrotherapeutic institute, equipped with hot-air boxes and a douche-table elsewhere illustrated, and other facilities for the administration of water in chronic diseases have been added.

The senior class, divided into sections of ten or more, receives clinical instruction in the hydrotherapeutic department of the Vanderbilt Clinic on Monday and Friday afternoons. The first half of the clinic is devoted to demonstration of cases, the diagnosis is briefly dwelt upon, and the pathology and etiology are referred to with a view to point out the therapeutic indications. The aid of hygienic measures and the reason for their employment, with or without drugs, in the concrete case are clearly gone into, and the patient is treated in the presence of the students, who are encouraged to ask explanations of any obscure points. The latter half of the clinic is devoted to demonstration of the technique of hygienic procedures, and students are requested to practise them just as they are taught bandaging or other manual procedures in other clinics. The clinic is under the charge of a chief, and two assistants who write the histories, demonstrate procedures, and "quiz" the students. A trained attendant treats cases under their direction on Mondays, Wednesdays, and Fridays from 1 to 4 p.m. Only males are treated, for obvious reasons. Female patients and cases not required for teaching are referred to the Riverside Association Hygienic Department, which is under my direction, and treats

about fifty cases daily. Wednesday afternoon is devoted to experiments in hydrotherapy and instruction of the clinical staff. A course of lectures upon the principles and practice of hydrotherapy is also provided for during the latter half of the semester. The final examination includes not less than two questions on hydrotherapy.

America stands foremost now in positively securing instruction in the application of water in disease for the rising generation of physicians. Columbia University is the only school in which hydrotherapy is made an obligatory study. The author cherishes the hope that other schools may follow its initiative for the promotion of the interests of medicine and the consequent amelioration of human suffering.





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